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The *sad* decline of the stick shift

The top 5 sports cars we'll miss in manual **metroWHEELS**

VERTIGO THEATRE

It's elementary my dear ... Wilde?

metroNEWS



Calgary metro



Sophie
Gregoire
Trudeau

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metroVIEWS

Your essential daily news | WEDNESDAY, MAY 18, 2016

High 25°C/Low 9°C Partly Cloudy



metroNEWS

Luke Materi spent over 600 hours building 'Winterfell' and other sites using materials from the 2013 flood.

LIKE **GAME OF THRONES'** STICKS AND STONES

Distracted driving down

ROAD SAFETY

Stricter rules came into effect last year



Lucie
Edwardson
Metro | Calgary

Six months ago, Staff Sgt. Paul Stacey told Metro you couldn't throw a rock in Calgary without hitting a distracted driver.

So far in 2016, distracted driving tickets in Calgary are down by nearly 300 tickets compared to the same time frame last year.

Stacey said between January and March of 2016, CPS has given out 1,934 distracted driving tickets — down 278 tickets from the same time frame last year.

Stacey attributes the decrease in tickets to harsher punishment, as the slow-down has been evident since legislation was passed supporting increased penalties for distracted drivers.

"I was hoping to see the numbers drop this year because finally the

piece of the law that we've been pushing for has come into play," he said. "It has a bigger impact than just a fine alone because although a fine is a tough thing to swallow, losing the demerits is even tougher to swallow."

Since the legislation passed, distracted drivers receive a \$287 ticket, but they can also get three demerit points — something Stacey said can affect their insurance and could lead to losing their licence all together.

After five years of steady increase in tickets, Stacey said it looks like the consequences have finally struck a chord. "I've been talking a lot about this with my officers and from what we're all seeing there appears to be less of it out there," he said.

Stacey said the trends are similar to seat belt legislation. "We saw an increase in tickets for the first few years," he said. "Then people really started to figure it out and now we're at a point where you'd be hard pressed to find someone not wearing a seat belt," he said. "With this distracted driving legislation we're in the same boat."

May is distracted driving awareness month for the CPS traffic unit.

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Tributes to stab victims read

BRENTWOOD FIVE

Judge thanks family for brief glimpse into lives cut short



Lucie Edwardson
Metro | Calgary

Struggling through tears, family members of the Brentwood five paid tribute to their loved ones in court Tuesday on the second day of Matthew de Grood's murder trial.

The accused is facing five counts of first-degree murder in the 2014 stabbing deaths, considered Calgary's worst ever mass killing.

The lawyer for de Grood entered a plea of not guilty Monday on behalf of his client.

It's expected he will argue he was not criminally responsible because he suffered from a mental illness at the time.

The five families of Jordan Segura, Lawrence Hong, Kaiti Perras, Josh Hunter and Zackariah Rathwell spoke of the young people they loved who were taken from them too soon.

At the end of the tribute, Justice Eric Macklin thanked the families for providing a glimpse of the victims' lives.

"You've provided the court today, and I guess all of us, with a snapshot into what



Family members made tribute statements in court in memory of the five victims in the 2014 Brentwood killings. **From left:** Jordan Segura, Kaiti Perras, Zackariah Rathwell, Lawrence Hong and Joshua Hunter. METRO FILE

"All we have is a hypothetical of what could have been."

Miles Hong

your children and your siblings have meant to you and your families and the community at large," he said.

Prior to the tributes, Macklin explained to the court that the tributes were different than victim-impact statements, as a verdict hasn't been delivered in court.

De Grood's lawyer, Allan Fay, told the court he felt the tributes were an appropriate thing to do given the nature of the trial.

More than a dozen family members shared stories about the victims, prompting both tears and laughter. They shared memories of happy

"When Kaiti performed, it was like time stood still."

Nicky Perras

+ NEXT STEPS

The trial will continue Wednesday. Two psychiatrists who examined de Grood after his arrest are set to take the stand and present evidence.

childhoods, of teenagers who found their passions and of young adults on the cusp of greatness — something never to be realized as their lives were cut short.

Each victim was remembered for what they loved, what they did that made their families and friends smile, as well as their quirks and accomplishments.

"She was a dancer and she moved elegantly on stage," said Nicky Perras, Kaiti's sister.

"When Kaiti performed, it was like time stood still."

Some imagined what the lives of the victims would have been like.

"All we have is a hypothetical of what could have been," said Miles Hong, Lawrence's younger brother.

Zackariah Rathwell's father, Bruce James Rathwell, was last to speak. He shared a poem written about all five victims.

"You all had the most amazing smiles to share and the ability to let others know you care," he read. "You all had smiles that made you shine and look so fine."

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CRIME

Violent home invasion suspect sought

The Calgary Police Service is looking for the public's help in finding a man responsible for a violent home invasion.

At about 1:30 p.m. on May 9, an elderly man and woman were in their Southwood home when police believe a suspect entered the home through an unlocked patio door.

The suspect was visibly upset and began to argue with the homeowner — eventually physically assaulting him and knocking him to the ground,

police said.

When the woman tried to pull the suspect off the male, she was also pushed away. She left the room to call 911, but the suspect followed her into her home office and pulled the phone from the wall.

The woman was able to move to another room and call for help. The suspect

residence on foot through the patio door.



Peter Robin Taylor CALGARY POLICE SERVICE

The man, 68, was taken to the hospital and underwent facial reconstructive surgery due to his injuries.

Police don't believe it was a random incident, as the suspect and homeowners have had a business relationship in the past.

Peter Robin Taylor, 50, has outstanding warrants

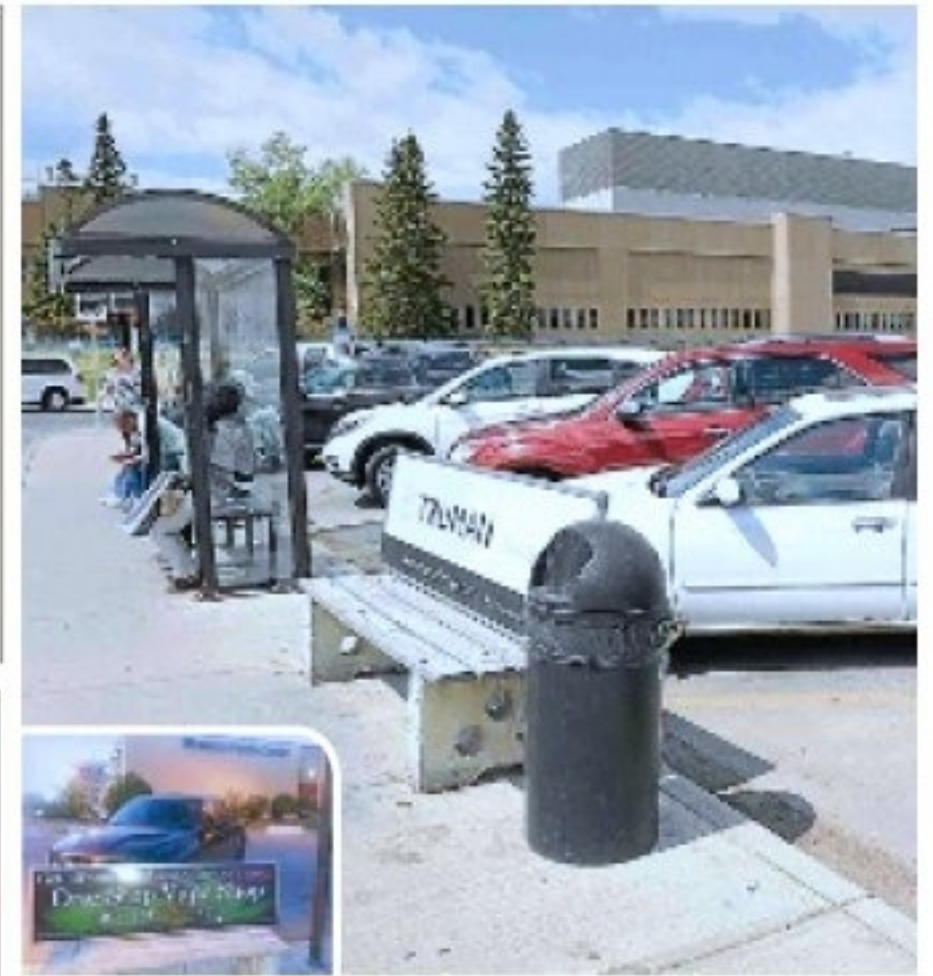
for break and enter, common assault and aggravated assault during a break and enter.

He is about five-foot-ten tall and 240 pounds, with blackish grey hair and brown eyes.

Taylor has an auto mechanic background and may be working as a mobile mechanic.

Anyone who may have information on his whereabouts is asked to contact police at 403-266-1234, or Crime Stoppers anonymously.

METRO



The Calgary Transit bus stop where the Vape shop advertisement was located. Inset: The ad in question that has since been replaced. HELEN PIKE/METRO; INSET: CONTRIBUTED

AND OUR PROPANE PAYS TOO CO-OP



E-cigarette hospital ad removed

PUBLIC TRANSIT

Business was promoting shop on bench near health centre



Helen Pike Metro | Calgary

Calgary Transit has reconsidered a poorly placed bench ad after a Foothills hospital visitor thought, "something just isn't right here."

At the bus stop just outside of the Women's Health Centre a bench ad reading "Get off your butts and switch to vaping" encouraged addicts to turn to the One Stop Vape Shop.

"I was just floored," said Joel Schulz. "I'm not much of a fan of tobacco products, period, but to me, even vaping, even though there's no tar in it, it's still an addictive substance. Essentially what they're doing is allowing people to peddle addicting substances on hospital grounds."

He was at the Foothills campus to visit a friend when he spotted the ad before hopping on the bus home.

Alberta Health Services' hospitals do not allow smoking on their grounds, but e-cigarettes are okay to use outside "only at the risk of the user" according to their website.

"E-cigarettes may not be used indoors at Alberta Health Services (AHS) sites until there is more information about their safety," read the website.

Metro contacted Calgary Transit about the ad on Monday, asking if ads are vetted before being placed, and was given a response early Tuesday morning.

"Given its close proximity to the hospital grounds we've asked the bench contractor to relocate the ad," read the email from Calgary Transit spokesman Ron Collins. "It should be relocated before the end of the week."

When Metro went to see if the ad was still there, it had been replaced already.

Alberta Health Services was contacted about the ad, but said questions about bench advertisements should be directed at Calgary Transit.

The ads are placed through third-party contractors. Farwest Outdoor advertising handles ad bookings for Calgary Transit's inventory of benches.

"We've asked the bench contractor to relocate the ad."

Ron Collins

SPRINGBANK

Province defends reservoir discussions



Jeremy Simes
For Metro | Calgary

Infrastructure and Transportation Minister Brian Mason scoffed at allegations suggesting the government hasn't been discussing land deals regarding the Springbank reservoir.

On Tuesday, anti-Springbank-dam group, Don't Damn Springbank, alleged the government hasn't discussed land acquisitions with residents.

"At public meeting after public meeting, we've asked how the province intends to acquire the land, how much land they need, and where that land is," the group issued in a prepared press release. "Either they just don't know, or they just won't say."

In October 2015, the government committed \$297 million to the project, which would allow the province to flood waters from the Elbow River into a holding reservoir, and prevent flooding in Calgary.

Mason said the government has begun land acquisition discussions with some landowners.

"They're assertion in the news release is categorically false," he said. "Whether or not this organization is aware (of discussions) is their problem."

Don't Damn Springbank also said Mason should retract his comments he made in the house, where he said acquisition talks are ongoing. Mason said he won't be retracting his comments.

Rocky View County has also been opposed to the reservoir, as former Reeve Margaret Bahcheli has said the government's cost-analysis of the project is "horrific."

The total cost of the project has yet to be outlined, Mason said, adding costs will be determined when all acquisition deals are finalized.



Parking fees could rise as the City of Calgary attempts to match provincial fines. PHOTO CREDIT IN SMALL CAPS

Parking fine increase could earn \$500,000

TICKETS

Bylaw being updated to align with province



Helen Pike
Metro | Calgary

Procrastinators beware, waiting to pay for your parking ticket could cost you an extra \$18 soon.

On Wednesday, a city hall committee will discuss bringing parking infraction fines up to the provincially set standard, which will see Calgary ranked as the third most pricey city to be caught parking too far from

a curb or obstructing a laneway.

The bylaw is being updated to "create consistency" and eliminate the possibility of having two different fines for the same offence in one municipality.

"It falls in line with what the province is doing, and it addresses increased costs," said Coun. Shane Keating.

He added although the price is going up, it's probably not going to stop parking offenders.

Keating said for those who don't wait to pay, they wouldn't notice a huge difference.

The fine for early responders has increased \$4, which makes up for the city's rising costs to enforce bad parking.

Coun. Sean Chu said he likes the city to balance both offering carrots and sticks, and this is a

"You've got to do what makes sense too, if you double, or triple the cost that's a totally different story."

Coun. Sean Chu

stick situation.

"This is a stick, some people are saying they might as well park because the fee is lower than the cost of parking, so what's the point of paying parking," said Chu. "We want a deterrent."

Chu said he gets numerous complaints about people who

park in residential areas close to CTrain stations, and while the city is still approaching fines reactively, raising fees might deter people from parking illegally in the first place.

"You've got to do what makes sense too, if you double, or triple the cost that's a totally different story," said Chu.

According to the report going before committee, in 2015 approximately 270,000 parking tickets were doled out. Of those, only 20 per cent were issued under the Calgary Parking Bylaw, with the rest of the tickets written in the Calgary Traffic Bylaw.

The fine increases will help boost city revenue by \$500,000 "assuming no improvement in compliance."

CRIME

Police look for truck

Calgary police are on the hunt for a green truck that's believed to be connected to the murder of Tyler Sanderson.

On Sunday, Calgary police found Sanderson beaten after they were called to attend a disturbance in the 5500 block of Maddock Drive NE, later deeming the incident a homicide.

Police said investigators believe Sanderson was driving a light-green 2001 Ford Expedition, with an Alberta licence plate AA8565, at the time of the incident.

Police said they don't believe the incident to be a random act and they're currently looking to locate people of interest in the case.

Investigators are asking people with information regarding the truck's whereabouts to call 403-428-8877.

A GoFundMe has been set up to help Sanderson's family deal with family travel and funeral costs.

METRO

IN BRIEF

Calgary Pride lauds Bill C-16

Calgary Pride is applauding the federal government's latest bill, which recognizes the rights of transgender and gender diverse Canadians.

Bill C-16 was introduced on Tuesday.

If passed, it will add gender identity as a prohibited ground for discrimination under the Canadian Human Rights Act. It will also add gender identity to the list of distinguishing characteristics of "identifiable group" protected by the hate speech provisions of the Criminal Code. METRO

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Sobering numbers in economic report

ECONOMIC DEVELOPMENT

High downtown vacancy rate as office space comes online



Brodie Thomas
Metro | Calgary

Worried about the economy? You're not alone.

Mary Moran, president and CEO of Calgary Economic Development, said there are things about the economy that keep her up at night.

Things like the 21,000 people who have lost their jobs in the energy industry or related fields.

She's also worried about the 20 per cent office vacancy rate in the downtown core, with an additional 3.5 million square feet coming on stream in the next few years.

Those startling numbers were part of Calgary Economic Development's annual report to the community, delivered to busi-

ness representatives at the Telus Convention Centre on Tuesday.

Moran tempered the bad news with tales of diversification, but she also presented some inescapable numbers.

"We are sharply aware of the fact that investment is receding from oil and gas around the world," said Moran.

She said even with a 40 per cent drop in spending in 2015, the energy sector is still spending about \$30 billion annually.

"It's still more than most Canadian industries such as utilities, transportation and manufacturing," she said.

66.1

Calgary's score out of 100 for non-oil and gas diversification

In other words — Calgary is still very dependent on the energy sector.

Despite that dependency, Calgary Economic Development is

working on diversification where possible.

Moran noted the dropping price of labour and real estate is giving the city an edge as it competes with other cities to attract business.

Even in the downturn, there are numbers that give reason for hope. In 2015, 24,000 people moved to the city.

"People — both Canadians and from other parts of the world — remain optimistic about Calgary in the long term."

Apoorv Sinha, research manager at zEroCor Technologies who took part in a panel discussion after the report was delivered, spoke about the need to invest in people, rather than resources.

"If you look at Silicon Valley or Denver, one thing they've done is be progressive socially to bring outliers into the community."

Sinha said attracting young people to the city straight out of university might help them put roots down for life.

"Really focus on getting the right people here and keep them here," he said.



Mary Moran, president and CEO of Calgary Economic Development, delivered her annual report to the business community on Tuesday. BRODIE THOMAS/METRO



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Evacuees resigned to a long wait

SETTLEMENT

Many thought return was imminent, till fire hit again



Brodie Thomas
Metro | Calgary

Fort McMurray evacuee Sandeep Hundal thought he and others would soon learn when they could return to their city.

"I was fairly confident about going back pretty soon, until last night. Now I think it will be a month or so, by the look of things," he said.

Hundal and his family are just one of hundreds staying on the University of Calgary Campus.

He's been happy overall with

how the government has handled matters, but word of homes within Fort McMurray exploding on Monday and wildfires threatening work camps has him second-guessing the response.

Bobby Robert, another evacuee, shared Hundal's concerns.

"I'm a little bit frustrated but so far we're OK," he said. "We were expecting from the premier this week or the beginning of next week (to tell us) when we

are going back. But I think it's going to be a while."

The bus driver and part-time student praised the people and organizations looking after evacuees.

"We're in good shape here. We're very fortunate to get this place. The people of Calgary, the government, the charities, all of them welcome us — but you still want to go back home, right?" Hundal said the word of

“All of them welcome us — but you still want to go back home.”

Bobby Robert

damage to the camps is just as frustrating as hearing about damage to the city itself.

"If there's damage to plants and camps and we are unable to return to work, it will be even more difficult for us to survive here."

He said regardless as to whether or not he has a home to return to, the entire population is feeling the pain.

"Many people lost their houses. And even for those who haven't, it's a loss for the community," he said.

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Smoke fills the sky from wildfires over Fort McMurray on May 13. JASON FRANSON/THE CANADIAN PRESS

Wildfire re-entry plan reviewed as flames spread

Wildfires menacing Fort McMurray carved a new path of destruction Tuesday, destroying an oilsands work camp to the north and forcing reconstruction staff out of the evacuated city.

On top of that, the process of restoring natural gas was dealt a setback when a home in an area that was getting service back blew up Monday night, destroying the house and damaging six others beside it.

Premier Rachel Notley said the developments underscore the volatility of the situation and have forced a re-evaluation of plans to get residents back to their homes.

"Safety will be and must be our first and principal priority," Notley told a news conference in Edmonton. "I hope to have more to say about our specific re-entry plans within the week."

Scott Long, with the Alberta Emergency Management Agency, said the cause of the house explosion is under investigation.

He said Atco gas workers — who have turned gas on to about 60 per cent of the structures in Fort McMurray — have left the city due to the fire threat and will use the pause to determine what caused the blast.

"If they have to change protocol, they will," said Long.

There was also a fire Monday night in a separate neighbourhood that damaged three condo units in a complex. Long said that, too, is under investigation.

About 400 people working

around the clock to get the Fort McMurray hospital open again were also pulled out as a precaution.

The plan to get some retail business owners into the city early to ready essentials like grocery stores and pharmacies is also on hold due to deteriorating air quality.

More than 80,000 residents have now been out of their homes for two weeks after the entire city of Fort McMurray was ordered evacuated May 3 when wildfires overwhelmed crews and swept through some neighbourhoods, destroying 2,400 buildings — many of them homes.

That's about 10 per cent of the city. However critical infrastructure, including the hospital, water treatment plant, and the airport, remain intact.

The fires moved north late Monday forcing about 8,000 oilsands workers lodged in a number of camps to flee. Most went north but some headed south.

On Tuesday morning, Notley confirmed the blaze destroyed a 655-unit work camp and was threatening two others.

Rod Graham, president of Horizon North, which owns the levelled Blacksand Executive Lodge, said the facility was fully insured and could be rebuilt in about six months.

It was distressing déjà vu for many workers who had fled the fire before and returned in recent days to get production running again. THE CANADIAN PRESS



YOU CAN GET RID OF LEG AND FACIAL VEINS



**ROBERTA
SEGAR**

Certified Laser Specialist

Small veins that appear on the face and legs are often referred to as spider veins. They are appropriately named. Just like spiders and spider webs, nobody likes them. These small vessels and the larger vessels known as reticular veins can be safely and permanently removed with lasers. These veins on the surface of the skin that usually occur on the face and legs do not pose any health risk but they are unsightly. They are not necessary, so getting rid of them is perfectly safe.

Spider veins, also known as "telangiectasias" are capillaries which have been damaged and are now visible at the surface of the skin. These can appear red, blue or purple. Reticular veins, also known as "feeder veins" are the blue to green veins that can become enlarged, twisted and may protrude slightly. These are found on the legs and are especially visible behind the knees. These veins do not typically cause any pain or discomfort and are considered a cosmetic problem rather than a medical one.

What causes these vessels to become damaged? Within healthy veins and capillaries there are valves. The job of the valves is to ensure blood is flowing in one direction only. In damaged veins and capillaries, these valves have become weak and defective which allows blood to flow backward and pool inside the vessel. As this happens, pressure builds. The vessel wall weakens and will eventually expand to compensate for the additional volume. As a result, the vein enlarges,

bulges and twists. Depending on the size of the blood vessel and extent of swelling, the result is a spider, reticular, or varicose vein.

How does Laser Vein Therapy work?

During a laser vein removal treatment a concentrated beam of light is directed precisely at the veins. The light penetrates into the vessel, coagulating the blood and subsequently shutting it down. The walls of the vein collapse, blood flow is stopped and over the next two to eight weeks the vein is re-absorbed back into the body via the lymphatic system. When the damaged vessels are closed off and reabsorbed, your body will simply reroute blood flow through other healthy vessels. After your course of treatment the vessels that have been treated will be gone forever. Unfortunately, because some people are prone to developing these broken vessels, new ones may appear down the road. Touch-up treatments may be needed if new vessels appear in the future.

Unfortunately, laser vein therapy is not an option for varicose veins and veins larger than 2 mm in diameter. Varicose veins can be treated with a procedure known as Sclerotherapy which is not offered at Skinpossible. For people with spider veins on the face or legs or reticular veins 2 mm or smaller, treatment with lasers is a safer option.

Advantages of treating veins with a laser:

- Safer and less expensive than vein injections
- Non-invasive, no needles
- Only one treatment usually required
- Quick recovery

Laser vein treatments have become very popular because they are non-invasive and offer many advantages over sclerotherapy, including the price of the treatments and the quick recovery time. Sclerotherapy may take multiple treatments and needle injections are needed in each vein. Tiny/matted spider veins are often extremely difficult to treat with sclerotherapy, and may be too small to even be injected at all. Treating spider and reticular veins with a laser may only require one treatment and needles are not used.

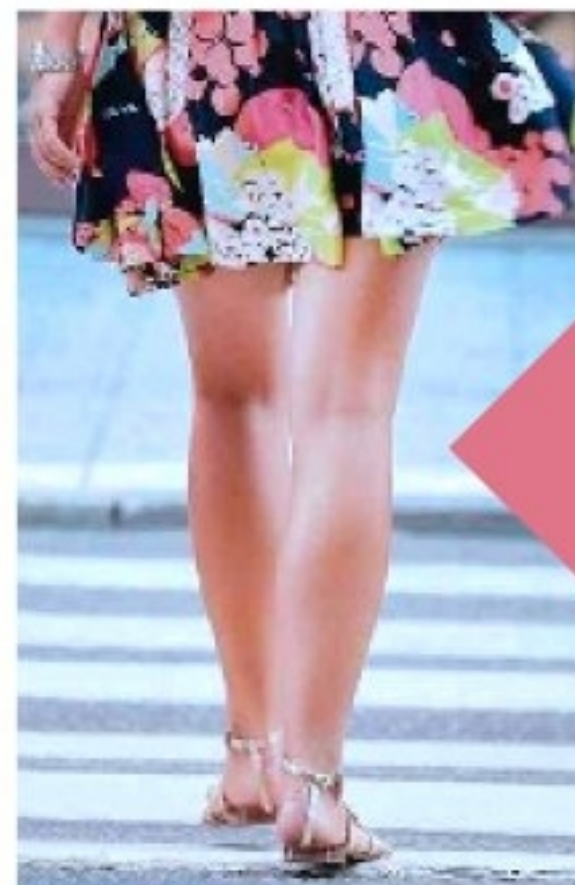
Getting rid of unsightly veins on the face or legs can be life-changing! Sun exposure for a few weeks post treatment is a consideration and it does take time for the vessels to disappear. Bare leg season is almost upon us to plan ahead for that special occasion when you want to look your best.

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Workers frustrated by evacuation

DANGER

Wildfires have reached 355k hectares, says Province

Helen Pike and
Jeremy Simes
Metro | Calgary

Fort McMurray-area fires have stopped oil and gas companies in their tracks as 8,000 workers, some flown in the same day, were forced from camps with the imminent threat of danger.

Matt Breen was away from his two daughters since February working in Fort McMurray when he was evacuated. But it wasn't long before his company called him back from New Brunswick, asking if he wanted to fly up for a few more weeks and finish the job.

"I didn't really do any research to see what was going on with the fire, I just assumed it was done, I didn't think it was that bad," Breen said. When he landed at Firebag airport he could smell and feel the smoke in the air, but didn't think much of it.

He was bussed to the Black-sand Lodge — the 665 executive-suite rooms, which, as of Tuesday morning, were confirmed to be destroyed.

"I was laying down on the phone, it was a nice bright sunny day and I didn't look out the window for a while," Breen said. "I looked out and it was orange."

Breen said he was about to go get something to eat Monday night when the fire alarm went



Wildfires threatened numerous camps Monday evening, forcing about 8,000 workers in the area to flee. SUBMITTED

off and announcements came over loud speakers to let workers know buses were on their way and the fire was headed towards the camp.

Bryan Wheller, evacuated on Monday just up the road from the flames at Noralta Lodge, said he regrets returning to work.

He flew out on Monday to the Noralta lodge and witnessed the chaos firsthand, as camps short on buses and busy with staff scrambled for the second time to evacuate.

Wheller said there weren't enough buses to take all the evacuees, so he waited near

the Noralta camp for about six hours.

"They wouldn't tell us what was going on," he said. "I just think it's ridiculous."

"We all fled two weeks ago — a bunch of us came back up thinking we'd finish off the work and get a bit of coin — I've got bills to pay. They didn't have a problem flying us up, but where's the plane to get us out?"

On Tuesday, government officials assured evacuees that

planes and buses will be made available to fly or drive them out.

Premier Rachel Notley told reporters the fire grew to 355,000 hectares overnight from 285,000 hectares, adding Noralta and Birch Creek lodges are currently at risk.

The majority of evacuees were ordered to go north, where many wound up two weeks ago when they fled their homes.

Wheller said the push to flee north made no sense.

"They didn't really have an evacuation plan," he said. "If they didn't know, why not bus them down south where there are more services?"

Flames are expected to head eastward to a Suncor facility north of Fort McMurray and the community of Timberlea, though officials say the Suncor site is protected by the Athabasca River.

But the blaze will also encroach on Highway 63, trapping evacuees up north until it's safe to drive south.

Scott Long, executive director of Alberta Emergency Management Agency, didn't specify why most evacuees were sent north, but said the area isn't threatened.

Wheller said it appeared officials didn't have a plan in case the wildfire returned.

"You figure they would've had a plan in place — there's a fire in the area and we have to take precautions," he said. "I just want to get out of here. I don't plan to come back to Fort McMurray for a month or two."

When asked if it was a mistake for some workers to be recently flown to camps near Fort McMurray, Notley said many workers had already been in the area and others were flown last week.

"They were many miles away from the city," she said. "What we've done as a result is watch the fire, and when it started to become a threat, (officials) in the Fort McMurray area issued evacuation orders."

"Theoretically one could evacuate half the province, but we have to be cautious, careful and thoughtful to ensure we have good safety protocols in place and issue evacuation orders when necessary."

Suncor spokeswoman Sneha Seetal said the energy company thought the area was safe for workers to return, based on the information it had.


"Clearly the situation has changed and that's why we immediately responded on Monday night," she said, "and moved people out of the region in a safe and orderly manner."

She said Suncor continues to monitor the area and work closely with the government.

Some of the camps will probably run out of food.

Bryan Wheller






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HEALTH

Spread of evacuee stomach bug slowing



Jeremy Simes
For Metro | Calgary

The rate of stomach bug infections at Fort McMurray evacuation centres has begun to wane, as health officials continue to control a virus that's made hundreds ill after fleeing the fire-ravaged city.

As of 4 p.m. on Monday, 281 Fort McMurray evacuees contracted a gastrointestinal illness, a 138 per cent jump from 118 overall cases reported on May 10.

Alberta Health Services



It's very hard to keep it from spreading.

Joanna Oda

said the numbers are cumulative, including those who have recovered.

Joanna Oda, AHS medical officer of health in the Edmonton Zone, said the illness spreads so easily that it can only take 10 to 100 virus particles to get someone sick.

"It's very hard to keep it from spreading," Oda said. "This is not unexpected — this is what happens when many people are gathered in smaller places."

To combat the virus, workers have been encouraging increased hand sanitation, separating ill people from those who are healthy and upping washroom cleaning efforts, she added.

Oda said there have been fewer evacuees staying at the centres since they fled two weeks ago, adding health workers will remain on site until the outbreak is controlled.

RADIATION

No danger from devices: Safety commission

The Canadian Nuclear Safety Commission says there is no risk to the public or the environment from radiological devices that could have been affected by the wildfire in Fort McMurray.

The commission sent two radiation safety specialists to the oilsands city last Thursday after getting a request for assistance from Alberta's provincial emergency operations centre.

Those specialists have completed field verifications and

confirm that the devices stored in about 20 locations are OK.

The equipment, including radiography cameras used to check welding work and portable gauges to measure density of roadways, is all in packaging designed to survive building or vehicle fires.

The specialists were also asked to check a radioactive waste site just south of Fort McMurray that is under the control of Atomic Energy of Canada.

THE CANADIAN PRESS

Resiliency built into facilities, experts say

OILSANDS PROJECTS

One work lodge burned down, two threatened

Wildfires that ravaged some neighbourhoods in Fort McMurray and forced 80,000 to flee the city two weeks ago are now chewing through the wilderness further north, where major oil-sands projects are located.

A 665-unit work lodge has burned down and two more are under threat. But experts and officials say they aren't expecting serious harm to the oil-producing facilities themselves. Here's why:

There's a built-in buffer zone: Oilsands projects — whether they involve scooping the ore out of a mine or melting it underground with steam — are built in such a way that there's a lot of empty space between facilities and forest.

Unlike in residential neighbourhoods where there are a lot of trees and wooden buildings, there's little in the way of fuel at the industrial sites to feed the ravenous flames. "There's an inherent built-in safety space around all these facilities," said Robert Bedin, with RS Energy Group in Calgary.

Alberta wildfire manager Chad Morrison told reporters that because vegetation has been cleared away and the ground is covered in gravel, "we feel fairly confi-



A giant fireball is visible as a wildfire rips through the forest by Highway 63, 16 kilometres south of Fort McMurray on May 7. JONATHAN HAYWARD/THE CANADIAN PRESS

dent that the sites themselves will be OK."

Bitumen doesn't catch fire easily:

Morrison battled wildfires in oilsands country in 2011. Burning bitumen, the tarry product extracted at the sites, wasn't an issue then and it's not expected to be one this time either, he said.

Bitumen has more in common with crumbly asphalt than highly combustible gasoline, said Bedin.

"It's not volatile. It's pretty benign. So in most scenarios I think we're talking about, this stuff is not likely to ignite," said Bedin.



It will burn momentarily, but after that it will die.

Raj Mehta

Fire needs oxygen to grow, and there's no way for it to get into the oil-soaked sand and clay, said Raj Mehta, a professor of oil and gas engineering at the University of Calgary. "It will burn momentarily, but after that it will die."

The stuff that could catch fire

or explode is mostly underground:

Oilsands projects rely heavily on natural gas to generate power for their plants and heat up the steam that's used to liquefy the bitumen in some projects.

They also need diluent, a very light petroleum product, to make the tarry oilsands crude thin enough to flow through pipelines. Both are products one would want to keep as far away as possible from the encroaching flames. Fortunately, the pipes that carry those substances are buried underground, Mehta said.

THE CANADIAN PRESS

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The rise and rise of Good Earth

BUSINESS

Franchised city coffee shop celebrates a 25 years of beans



Aaron Chatha
Metro | Calgary

In 1991, Calgarians Nan Eskenazi and Michael Going had an idea that was actually worth a hill of beans.

And 25 years later, that hill has grown into a mountain.

Eskenazi and Going are the founders of Good Earth Calgary, which launched its first location on 11 Street SW in 1991, and has since grown to have more than 40 locations.

It started with the desire to create a hangout spot — somewhere people would feel comfortable interacting with each other.

"Really, the idea came from our own interests, lifestyles and values," said Eskenazi. "We wanted a place where you could get excellent coffee



Nan Eskenazi co-launched the first Good Earth on 11 Street SW 25 years ago — and celebrated the milestone in that same location. **AARON CHATHA/METRO**

in the Italian tradition of espresso, alongside good, fresh food."

She said there weren't too many spots like it in Calgary at the time — the few other independent coffee shops

included Roasterie and Caffè Beano.

Eskenazi said her favourite part of running the business was to get to know regular customers.

"The more we grew, the

more difficult that became," she said. For the first eight or so years, they were franchising at one new coffee house per year.

Now the franchise has expanded across the country,

“Really, the idea came from our own interests, lifestyles and values.

Nan Eskenazi on setting up Good Earth with Michael Going

from Victoria to Ottawa, but they still think of themselves as a hometown business.

"From my perspective, Calgarians have been very welcoming to new ideas," she said. "I think Calgary has a very vibrant entrepreneurial spirit and I feel like our idea of Good Earth as a coffee house was embraced early."

While many Calgarians are now beginning start up businesses in light of the economic slump, Eskenazi said with a wink there are definitely Good Earth franchise opportunities available. But at the end of the day, Calgarians should follow their passions.

"If your business idea really stems from your heart, and is imbued with your values, people will be drawn to it.

+ THE FUTURE

As the quarter-century mark for Good Earth passes, co-founder Nan Eskenazi said they will be introducing new menu items.

These include a small-batch, hand crafted cold brew coffee, which will be available through the summer. "We're brewing coffee, not as a heated drink but with a cold brewing technique. Not just coffee poured over ice, but it's brewed cold."

They are also expanding to more locations in Vancouver, and into the greater Toronto area.

The company continues to expand with new locations cities where they've already established franchises — including Calgary. **AARON CHATHA/METRO**

People will identify with that human aspect of your business model. That's an essential ingredient to a successful business."

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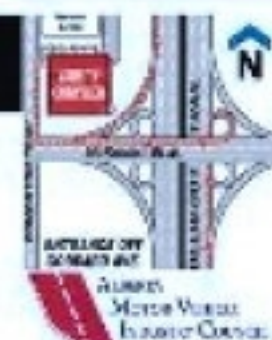
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Canada's Kate O'Brien, left, and Monique Sullivan with their gold medal in women's sprint track cycling at the Pan Am Games in July 2015. FELIPE DANA/THE ASSOCIATED PRESS

Olympic journey from sled to cycle

SPORTS

Injured bobsledder Kate O'Brien turns to biking



Lucie
Edwardson
Metro | Calgary

Calgary athlete Kate O'Brien's journey to the Rio 2016 Olympic games is not like any other.

O'Brien was originally meant to head to the 2014 Sochi Olympics as a breaker for the Canadian women's bobsled team. But, after tearing her hamstring her Olympic journey came to an end, or so she thought.

"I started doing bobsled and I was instantly in love," she said. "It was only when I realized that I might actually go to the Olympics that I got injured — it was

a devastating blow."

O'Brien said at the time she wasn't sure if she ever would bounce back from the injury.

"I was left in the position of wondering if I should wait another four years. Do I do nothing or do I do something else?" she said.

But now, O'Brien is back and heading to the 2016 Rio Olympics — this time as a track cyclist.

After her injury O'Brien said she attended a recruitment event for cycle-Canada on a whim.

"I went and my numbers were decent and the next thing I knew I was at camps in LA with the national program," said O'Brien.

She said as luck would have it, it was around that time that veteran cyclist Monique Sullivan made her comeback.

"It was sort of a serendipitous thing that we could become a team," said O'Brien.

Before attending the event, O'Brien said cycling was never

“

I rode my bike to the grocery store, that was basically my cycling experience.

Kate O'Brien

really her thing, but since then, she's developed a love for the sport.

"I rode my bike to the grocery store, that was basically the extent of my cycling experience," she said. "But, since then I've pretty much never looked back."

The 27-year-old said she'll be competing in three events in Rio.

Together, O'Brien and Sullivan, who O'Brien said she became "fast friends" with as the only two girls on the sprint team, will race together in the team sprint.

They'll also both compete solo in the sprint and keirin events.

SCIENCE

U of C researchers make explosive geyser discovery

Researchers at the University of Calgary are making a splash in the world of geoscience — and what they've discovered could change what we thought we knew about geysers.

Geysers are vents in Earth's surface that periodically eject a column of hot water and steam.

After weeks monitoring the waters of Yellowstone National Park's Spouter Geyser, the U of C researchers said they've made an important discovery.

"Typical thought around gey-

sers is about hot water and steam build up, and rarely are dissolved gases mentioned," said research associate Bethany Ladd. "We wanted to figure out if dissolved gasses played a large role in triggering a geyser eruption."

Ladd, who works under Dr. Cathy Ryan, said after studying the water for weeks, they came to the conclusion that dissolved gas did in fact play a role.

"After looking at all of our

data, we saw very promising patterns," she said. "The major pattern was a build up of (carbon dioxide) just prior to an eruption, followed by a decrease after an eruption."

Ladd said their discovery highlights the importance of monitoring geyser gasses.

"That's not a regular part of scientists' field campaigns when they're studying geysers, and it really should be," she said.

LUCIE EDWARDSON/METRO



Luke Materi used rocks and driftwood from the 2013 Alberta floods. COURTESY LUKE MATERI

Little Winterfell looks a bit stark

GAME OF THRONES

Artist balances rubble to birth stronghold in Bragg Creek



Aaron Chatha
Metro | Calgary

After 600 hours of balancing rocks, cutting driftwood and moving soil to recreate Game of Thrones' Winterfell in Bragg Creek, artist Luke Materi is still far from done.

In fact, his watch is only just beginning.

"It's going to consume my entire summer and most of fall as well," he said.

Materi started his project last summer after watching a few rock-balancing videos and trying it himself.

He found he had a knack for using nothing but gravity



If it wasn't for the flood, I wouldn't have been provided with these different materials.

Luke Materi

and the grooves of a rock to build structures. Bragg Creek was hit hard by the 2013 flood, which provided Materi with an abundance of materials near the Elbow River.

"It would have required me cutting down trees," he said, "and that kind of defeats the purpose of being a natural land artist."

He had recently gotten into the Game of Thrones series, and because his designs included a castle, he named his construction Winterfell for fun.

"At the end of every night, I would light a fire inside the castle, videotape it and add the Game of Thrones theme to it," he said. "When more people started to stop by and give it positive reception, I was like,

okay, I'm going to make this into an art project."

So he began designing certain aspects of his project more like buildings from Game of Thrones. He added soil, bits of drift wood and even a green tarp he found.

He said the community has been very receptive to his project, and it has grown to cover an impressive 250-by-70-foot area.

Because he has a day job, Materi mostly works on Winterfell on weekends — but has no plans to slow down.

"I finished the details on the inner western towers, finally, after a year," he said. "I was looking at them, and I thought, 'Wow, this is f---ing cool.'"

600

Number of hours it took to recreate Winterfell

17,500

Square footage of the work (250 by 70 feet)

1

Number of plants shielded by a stone barricade



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Join us on Wednesday, May 18 at 7:00 pm in Room NL120 in the Senator Burns Building.

Call 403.284.8470 or Email rtbn.info@sait.ca to confirm your attendance or for more information.

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Join us on Wednesday, May 18 at 7:00 pm in Room E314 in the John Ware Building.

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Join us on Wednesday, May 18 at 7:00 pm in Room NH101 in the Senator Burns Building.

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Join us on Wednesday, May 18 at 7:00 pm in Room KA338 in the Johnson-Cobbe Energy Centre.

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Join us on Wednesday, May 18 at 7:00 pm in Room KA336 in the Johnson-Cobbe Energy Centre.

Call 403.284.8451 or Email energy.mse@sait.ca to confirm your attendance or for more information.



Oscar Wilde meets Sherlock

PLAY

Vertigo teams up famous writer with iconic sleuth



Aaron Chatha
Metro | Calgary

Oscar Wilde famously once said, "I think that God, in creating John Watson, somewhat overestimated his ability."

Okay, he didn't exactly say that, but he didn't exactly go on adventures with Sherlock Holmes either — yet in Vertigo's production of Sherlock Holmes and the Case of the Jersey Lily, that's exactly what happens.

The famously witty playwright meets the cunning fictional detective created by Sir Arthur Conan Doyle.

"Oscar Wilde actually becomes his right-hand man," said director Craig Hall. "Watson is used as a device to hear the details, because he's not there. He's about to get married, and his mother-in-law has indigestion, so he misses the



Actors Haysam Kadri, right, and Karl Sine, who play Sherlock and Watson, are actually friends in real life, adding to their on-stage chemistry.
AARON CHATHA/METRO

whole thing."

The writer and detective team up to help another historical figure, legendary Victorian actress Lillie Langtry, who is caught up in an affair

with the monarchy — and a handful of the nation's most precious jewels. Together they battle Sherlock's most famous nemesis, Professor Moriarty.

But while the partnership of

Wilde and Sherlock is at the forefront of the play, the true heart of it might just rest with the classic duo of Sherlock and Watson.

The two roles are played by

Haysam Kadri and Karl Sine, who off-stage enjoy the same friendship as their on-stage counter-parts.

"Karl also works with me at the Shakespeare company," said

Kadri. "Similar to Holmes and Watson, I feel like we have a lot of those dynamics in real life."

"I'd agree with that. Maybe not the extreme versions of Sherlock and Watson," added Sine with a laugh. "The way we work with each other, the way we have each other's back."

Kadri and Sine have played Sherlock and Watson before, in Vertigo's 2014 adaptation of Sherlock and the Hounds of Baskerville.

Sine shaved his beard for the role, and walks around sporting a mighty Watson moustache in his day life for the course of the play's run.

"I wake up, and well, I still look like Watson!" he said.

Kadri said that, while interest in Sherlock Holmes stories has reached a peak with the popularity of the BBC series, their adaptation has something new to offer. Not only is it an original story, but it also mixes with a fair amount of comedy, without sacrificing the adventure, fighting and gravitas of the mystery.

The play runs at Vertigo Theatre from May 19 to June 12. For more information, visit vertigotheatre.com.

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It seems more Albertans may be sticking around for festivals like the Calgary Stampede instead of heading out of province this summer, in part due to the weak economy. METRO FILE

Year of the stay-cation

TOURISM

Low dollar could mean more business for attractions



Kevin Maimann
Metro | Edmonton

Busy festivals and hotel rooms could mark the summer of staycations in Edmonton, thanks in part to a slow economy and low Canadian dollar.

"I think all of the businesses in the tourism sector anticipate increases in attendance for events," said Edmonton Tourism spokesperson Renee Williams. "I think the festivals will definitely see some increased attendance as well."

Local attractions are already seeing increased traffic due to visits from Fort McMurray evacuees, some of whom might stay into the summer depending on fire developments.

Williams expects destinations like Elk Island Park just outside of Edmonton to see an increase in business as well.

"Even prior to this tragedy, we were anticipating

this would be the year of the staycation. And that's really because of what's happened in the economy," she said.

Edmonton International Airport spokesperson Heather Hamilton said the weak dollar has especially affected flights to the United States so far this year.

"All our airports are seeing reduced travel," she said. "Last year we were in really strong growth mode."

Earlier this month, Calgary-based WestJet announced its second-quarter profits were down 38 per cent compared to 2015. Rick MacSwain, with Uniglobe Travel, said leisure travel has dropped, especially to the U.S., and corporate travel has also dropped due largely to low oil prices and projects being put on hold.

Uniglobe recently had to pull several hundred clients out of Fort McMurray to escape the wildfires.

"(Leisure travel) certainly has dropped only because of how it's reflected on the currency and the economy right now in Alberta," MacSwain said.

"Over the summer months especially, we're starting to see more and more people traveling within Canada."

WATER DEBATE

Petition launched to bring back fluoride



Brodie Thomas
Metro | Calgary

Nicholas Godwin wants Calgarians to get another kick at the can in the fluoride debate.

The 27-year-old saw the issue erupt last February when a study by the University of Calgary was published, showing a jump in reported cavities in children since 2011.

Godwin moved to Calgary

around the time fluoride was removed.

"I'd heard that they'd recently taken it out, and then I didn't think too much of it. I wondered what my chances are of getting cavities." But when he was recently laid up after knee surgery, Godwin spent some time researching the fluoride debate and he decided to launch a petition on Change.org.

"It's a very simple and low-cost solution to providing this

kind of dental health assurance for a mass population," he said. "The amount of money that goes into upgrading a treatment plant or putting the fluoride into the waster is miniscule in relation to the people it helps."

Coun. Richard Pootmans said he was pleased to hear someone has taken on a petition on the matter.

He cautioned Godwin on the use of an online petition.

"I would strongly encourage

him to get in touch with the city clerk's office," said Pootmans, adding that he thinks a petition to force a plebiscite would need ink-on-paper signatures.

Godwin will need to get 120,000 signatures to force a plebiscite. For now — he's just hoping to raise awareness.

"Alberta Municipalities Act says you need 10 per cent of the population to force a plebiscite — that's a moon shot for me," he said.

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All our airports are seeing reduced travel. Last year we were in really strong growth mode.

Edmonton International Airport spokesperson
Heather Hamilton

WIND

SPECIAL REPORT DEFENCE DEALS

Partnerships between energy firms and defence contractors are nothing new around the world. In Canada, however, the two industries just found each other and found mutual interest — drones.

Why these eyes from the skies spot common ground for mega-industries

While a handful of street protesters crashed the lobby of a downtown Calgary hotel, denouncing what they saw as collusion between Canada's major energy and defence contractors, inside the conference organizers worried their attendees were behaving less like war profiteers than like groups of boys and girls at a middle school dance.

There were awkward introductions at the beverage table. There were drawn-out explainers on obscure areas of interest, about which many onlookers neither knew, nor had ever thought, the first thing about.

It was day one of the inaugural ConvergeX conference, a three-day courtship between dozens of Canada's chief energy, defence and aerospace firms. And as first dates go, its success was solidified in the end, when both sides agreed to meet again soon — in Houston this fall.

The defence industry in the U.S. has a longstanding partnership with the country's energy business, dating back to the era of the Texas Railroad Commission, Standard Oil and the First World War. That special relationship continues today, and applies as much to the major international players — the U.S. defence department is the world's largest single consumer of oil — as it does to smaller domestic oilfield manufacturers.

But the defence business, unlike energy, is not exactly a free market. For reasons of national security and political expediency, government defence procurement tends to favor domestic suppliers when filling contracts.

Canada's defence sector em-



With a top speed of 110 km/h and a cargo capacity of 20 tons, Lockheed Martin's new helium airships could be deployed in the oilsands and the middle east as early as 2018. COURTESY LOCKHEED MARTIN

ploys more than 6,000 skilled workers at 170 aerospace and defence firms, according to the province. Much of that work is dedicated to developing and deploying drones — technology that energy companies are now looking to for logistical support.

In a pitch to attendees at ConvergeX, Lockheed Martin Canada, one of the biggest defence contractors in the country and a subsidiary of the world's dominant defence firm, unveiled a remote-controlled helicopter that uses the same airframe as Cenovus Energy's SkyStrat airborne drilling rig.

"We took it and made it remotely pilotable, initially for

operations in Afghanistan, where we were losing a lot of people in convoys," says Gary Biermann, Lockheed's Canadian technology manager. "So we found a way to fly stuff out to the front lines at night without having to risk lives."

In 2012, Lockheed bought CDL Systems, a Calgary-based software firm specializing in aerial drone controls. Today, that's where the vast majority of the operating software for Lockheed's U.S. combat drones

is built.

"ITAR (International Traffic in Arms Regulations) can be very difficult for drones, because, largely, this is a defence technology," says John Molberg, a business development manager at Lockheed and one of two trained drone pilots at the company's Calgary office. "The silver lining is, if you're working for a company like ours where we happen to have 60 or 70 engineers who are in Calgary, everything we produce

doesn't have ITAR on it because it's produced in Canada — and that's significantly advantageous when it comes to trying to commercialize something."

The company is also double-dipping on the business end of the energy-defence nexus.

"Lockheed Martin, as it turns out, is one of those companies that's not just a defence company," Biermann says. "We also are an energy company."

In a word, it's about synergy. Few industries operate on the mega scale that defence and energy do, sometimes requiring dramatic feats of engineering just to get equipment to where it's needed.

\$1.3 billion

As with Canada's energy industry, our defence sector relies on export markets. Defence contributes more than \$1.3 billion to the Alberta economy—with 40 percent of those goods destined for export.

"Before I got involved in the energy industry a number of years ago," Biermann says, "I arrogantly thought that aerospace was the biggest-scale industry out there, until I went out and saw some processing plants in the oil fields."

But the sensitive nature of these trades also leaves companies in both open to huge reputational risks, as well. Cyber attacks, both foreign and domestic, are routinely touted as the biggest emerging threat that companies in either industry face. And public opinion is rarely on the side of those seen to be profiting — or, in the language of those Calgary protesters, "profiteering" — from the exploitation of natural resources or the global arms trade.

To that point, the two industries also share something else: a seat in the court of public opinion — the defendant's chair.

As Sterling Cripps, founder of the Canadian Centre for Unmanned Vehicle Systems and a former military clearance diver, told conference attendees, "What we're trying to do is socialize the acceptance of drones into society."

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Encana sit between a rock and hard place

ANALYSIS

After missteps, nowhere to go but up for once iconic giant

Calgary's Bow Tower, with its sleek criss-crossing design and its curvy glass contours, stands in sharp contrast to the city's otherwise drab skyline. The building rises up from Centre Street to a height of 236 meters, making it one of Canada's tallest buildings outside of Toronto.

The top suite of the Bow, which serves as the headquarters for Encana, has an air of extravagance, with executive suites that overlook a sky-lit atrium populated with modern furnishings, a lavish auditorium and a multi-storey window that overlooks the city.

The Bow serves as a sort of monument to the company's towering ambitions to be Canada's most successful international energy company. By the time industry legend Gwyn Morgan retired as CEO of Encana at the end of 2005 — one year before it unveiled plans for the opulent Bow building — everything was in place for a continued success story.

The independent company's gas reserves had grown by almost a quarter the year before. Cash flow was up by 57 percent.

The company had offloaded 740,000 net acres of North Sea assets to Nexen for \$2.1 billion in December 2004, adding to its already enviable war chest. Randy Eresman, Morgan's long-time right-hand man, was elevated to CEO. There was no reason for the dominant company to go anywhere but up.

Fast forward to today. Encana's share price reached a low of \$4.15 in February 2016, marking an 82 percent drop from five years earlier. The company posted a net loss of US\$5.1 billion in 2015, compared to a profit of US\$3.4 billion the year before (it was dinged with \$4.1 billion worth of impairment charges). It cut 20 percent of its staff over that year, and slashed another 20 percent in the first quarter of 2016.

Those reductions were in line with industry-wide cost cuts following the plummet in oil prices that began mid-2014, but for Encana the pain had been going on for years. A badly-timed expansion into natural gas leading up to the spinoff of Cenovus Energy in 2009 was causing Encana to buckle under a swelling pile of debt. By 2012 it had posted its worst-ever annual earnings results, which included a US\$2.79



Doug Suttles, president and CEO of Encana, will have the task of bringing the firm back from the depths. THE CANADIAN PRESS FILE

billion net loss due to write-downs on some of its natural gas assets.

In 2013, Encana brought in Doug Suttles, the BP vet who headed up the Deepwater Horizon disaster response, to implement a rapid pivot back to liquids. But in an almost tragicomic turn of events, his shift toward liquids exposed the company to the eventual plunge in oil prices, with expensive purchases in the Eagle Ford and Permian occurring almost immediately before the downturn. Despite successes, like the company's ability to cut its per-well costs in some of its main assets, or the lucrative PrairieSky Royalty IPO in 2014, Encana has not managed to escape its past troubles. All of this raises ques-

tions about the company that used to be Canada's foremost energy firm: What can Encana do to reverse its fortunes — and, more to the point, how did it all go so wrong?

David Meats, an equity analyst at Morningstar, says the current challenge for the company is that they have "an infinite portfolio of high-quality well locations that they can't drill quickly enough to add value." If prices were at 2014 levels, he estimates the company would be doing three to four times the activity it's doing now. "It's almost like they've bitten off more than they can chew," he says.

In March 2015, Encana issued \$1.25 billion in equity to raise funds. Sherri Brillon, the executive vice-president and CFO of Encana, says the company probably could have issued equity when it undertook the Athlon transaction but felt the market was still open and the opportunity to do an issue came

forward. The money was used to help pay down around \$1.6 billion in debt.

In the months that followed, share prices continued to plummet, reaching a 13-year low in July 2015. Liquids production had almost doubled by that point compared to 2014.

Takeover talk has been resurfacing in the financial blogosphere. Given the incredible strength of its asset base, there's a case to be made that Encana could be a target (in April 2015, the Financial Post dubbed Encana and Cenovus as "the hunted"). Meats doubts such a possibility, saying that smaller firms are more likely to "roll over and disappear first," a trait which he dubs "a natural defense mechanism" for Encana.

The company's future is completely unpredictable at this point, given the tight grip that multi-year lows in oil prices have put on all producers. But Brillon ultimately remains opti-

+ THE HISTORY

The evolution of Encana spans 125 years and includes the likes of Sir John A. MacDonald and former Alberta premier Ralph Klein as players, and has a history of land deals, corporate mergers and spinoffs that have brought us to where it is today.

mistic. "We've been through a lot of cycles," she says. "We've confronted a lot of issues. It's really quite remarkable in my position that I've been able to look at a merger, a split, an IPO and a recasting of strategy as many times as I have. Lots of people don't have that opportunity once in their career to do one of those things. I guess we'll keep it coming."

For now, the energy giant has little other choice.

You can't fault them ... it made perfect sense at the time — but it was bad timing in hindsight.

David Meats, analyst, on Encana

LENDING

Troubled Penn West battling

Penn West Petroleum Ltd. says it could be in default of its lending agreements by the end of June if low commodity prices continue, but it's taking steps to reduce that risk.

The Calgary-based company says it was in compliance with all its debt covenants as of the end of the first quarter, but the risk of default has created uncertainty about Penn West's ability to continue as a going concern.

It raised the red flag Monday in its first-quarter financial report.

The released figures showed a reduced net loss, but also a 39 per cent decline in funds flow from operations — which dropped to \$47 million from \$77 million in the same quarter last year.

The net loss was reduced to \$100 million or 20 cents per share from \$248 million or 49 cents per share a year ago — this was mostly because of an \$89 million non-cash foreign exchange gain due to the strengthening of the Canadian dollar versus the U.S. dollar.

Revenue was down 32 per cent, dropping to \$231 million from \$340 million, which was reported to be due to a combination of lower output and lower prices for oil, gas and natural gas liquids.

Penn West says it's currently in negotiations with lenders to amend the terms of their agreements to reduce the risk of default.

It's also considering other options, including getting additional capital from strategic investors.

THE CANADIAN PRESS

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Transgender plan unveiled

EQUALITY

Guidelines aim to outlaw hate speech, discrimination

For years, transgender Canadians had to come up with creative arguments in front of courts and commissions to link discrimination against them with existing human rights laws.

The human rights laws extend some protections to transgender people under the sex discrimination category, but there have been few cases before the federal human rights tribunal, so the scope of the protections themselves has not been all that clear.

The same situation exists for hate speech and hate crime laws: violence against transgender persons may have been captured before, but it wasn't clearly spelled out.

Legislation the government introduced Tuesday would clarify all of that, adding gender identity and expression to human rights and hate crime laws.



Charlie Lowthian-Rickert, who is transgender, speaks along side Justice Minister Jody Wilson-Raybould, right, as she makes an announcement in the foyer of the House of Commons on Parliament Hill in Ottawa on Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS

"Thank goodness this bill is passing because it will protect us from ... hateful propaganda, assaults, rape — stuff like that," said Charlie Lowthian-Rickert, who was born a boy but identifies as a girl.

"It could protect us and stop



Thank goodness this bill is passing.

Charlie Lowthian-Rickert

the people who would have just gone off and done it in the past and discriminated or assaulted us. Now it could be stopping them and then basically punishing them if they actually do it," the 10-year-old said during a morning news conference

alongside the federal justice minister.

The bill still has numerous steps before it becomes law. The NDP tried unsuccessfully to fast-track the measure through the House of Commons on Tuesday, arguing it was similar to a private member's bill the Commons approved in the last Parliament with cross-party support.

That bill, from New Democrat Randall Garrison, languished in the Senate before it was ultimately gutted and died when the election was called.

Interim Conservative leader Rona Ambrose said she's prepared to vote for the new bill, but opposition remains in the Senate where Conservative Don Plett said he's not ready to support the measure.

On his way into the Commons, Prime Minister Justin Trudeau said he expects the Senate to recognize the rights contained in the bill.

The legislation would, if passed, make it illegal under the Canadian Human Rights Act to deny someone a job or to discriminate in the workplace on the basis of the gender they identify with or outwardly express. THE CANADIAN PRESS

METRO EXPLAINS

What to know about the trans bill



Elisha Dacey
Metro | Winnipeg

WHAT IS IN THE BILL?

The legislation includes provisions to make it illegal to discriminate against someone in the workplace because they identify as a different gender, and would see the Criminal Code updated to extend hate speech laws to protect transgender people.

WHAT DOES IT MEAN FOR TRANS PEOPLE?

This means if someone is targeted in a crime because of their gender identity or gender expression, judges would have to consider that aspect of the crime as an aggravating factor.

HOW WILL IT BE ENFORCED?

Similar to current enforcement around any hate speech or human rights violation law. It would simply mean gender identity and expression would also be protected under the law.

WHAT CAN BE IMPROVED?

Several advocates say this is an important first step but it's impossible at this point to know how effective it will be.

Friendship credited with changing Tory minds

Conservative MP Michelle Rempel says a lot has changed in the three years since she voted against a bill that would have made it illegal to discriminate on the basis of gender identity or expression.

For one, there's her friendship with NDP MP Randall Garrison, whose private member's bill to defend the rights of transgender Canadians was gutted last year in the Senate, but inspired the new bill introduced Tuesday by the Liberal government.

"He's done a lot of really thoughtful work on this issue

that I would consider to be non-partisan, and we've had some very good chats about this," Rempel said Tuesday from Copenhagen, where she is attending the Women Deliver conference.

She said she's strongly inclined to support the legislation, known as Bill C-16, although she wants to read it thoroughly before officially making up her mind.

Garrison said he expects many Conservatives who voted against his bill to support this one and confirmed that friendship might

have something to do with it.

"There is a lot of Conservatives that I am personally friends with, and I think for some of them — not for (Rempel), but for some of them — it's the first time they ever got to know anybody from the gay community on a personal basis," Garrison said.

"That's helped change some minds."

Rempel, who had voted against Garrison's bill at third reading despite supporting it at second reading, acknowledged at the time that the transgender

community faces discrimination, including violence.

But she was concerned the legislation lacked concrete measures to protect people from violence and other forms of discrimination on the basis of gender identity or expression, making it little more than a symbolic gesture.

Since then, she said, the transgender community has done a lot of work on the issues of housing, workplace discrimination, violence and identification cards and she now believes federal legislation would also send a

message to provincial and municipal governments.

"This isn't a panacea," Rempel said. "This isn't going to change all of those things overnight."

"But I think it has been very clear over the last three years that the community feels this is a very important step in the right direction."

Interim Conservative leader Rona Ambrose has also changed her mind, saying Tuesday that she would be supporting Bill C-16 and that her caucus colleagues would be free to vote as they wish. THE CANADIAN PRESS



Conservative MP Michelle Rempel

ADRIAN WYLD/THE CANADIAN PRESS

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Dave Haley and a neighbourhood dog walk along the shore in Lennox Island, P.E.I.. ANDREW VAUGHAN/THE CANADIAN PRESS

A little less of Lennox

ENVIRONMENT

Sea levels and coastal erosion taking land back off island

Back when he was in his 20s, Dave Haley often watched from his kitchen window as children played baseball in the field behind his home. But now at the age of 65, less than 20 feet of soil remains between his tidy green bungalow and the glistening waters of Malpeque Bay.

Lennox Island — off the northwest coast of Prince Edward Island — is in a battle with the sea. The sea is winning. "It's devastating. This is our home," Haley said.

Lennox Island — like the rest of Prince Edward Island — is vulnerable to coastal erosion because it's made of sand and sandstone. There is no hard bedrock.

"Sea levels have been rising over the last 100 years and the land itself is lowering a little bit," said Adam Fenech, director of the climate research lab at the University of Prince Edward Island.

"There has been a 10 to 20 per cent increase in the number and magnitude of storms. And there has been a loss of ice cover, primarily in the months where we do seem to have some storm surges, which is in December and January," he said.

Fenech said Lennox Island isn't the only low-lying area of

the province, but the amount of land loss has been significant. According to Meachums Atlas of 1880, Lennox Island was 1,520 acres in size. By 2010 it was down to just 1,240 acres.

"Most of it lies just a metre or two above sea level, therefore it is particularly vulnerable to flooding, coastal erosion and storm surges," he said.

Lennox Island has just 118 homes and a population of 475 people — members of the Lennox Island First Nation.

"We are on a small, finite island. We have infrastructure that needs protecting," said



You take one day at a time. When the water reaches the front of the house then you're going to say, maybe we should look at this or look at that.

Dave Haley,
Lennox Island resident

Chief Matilda Ramjattan.

She said most people on the island don't talk about the rising waters, but realize that homes should not be built in some areas. She has hope that someone will find a way to protect the land they still have.

"This is our home. We're a resilient people. We'll do what we have to," she said.

THE CANADIAN PRESS

CONFRONTATION

Gym-goer is 'body shamed' by request



An Ottawa woman says she was humiliated and "body shamed" when staff at an Orleans gym said her chest was "too large" for her tank top.

Jenna Vecchio was working out with her husband on Saturday at Movati when a female supervisor confronted her about her attire. She was

told people complained about her top.

Vecchio says she was embarrassed and confused, since other women wore similar tops. She and her husband left without finishing their workout.

"I felt humiliated," Vecchio told Metro.

She was told by staff that she could finish her workout — in a t-shirt.

Movati spokesperson Sean



Jenna Vecchio says she felt humiliated. JOE LOFARO/METRO

Whittal says members are asked to wear "modest athletic attire" and Vecchio's top was seen as contrary to the gym's dress code.

"While in no way did we intend to embarrass her, we did feel we had to address the issue," Whittal responded in an email.

The gym — which operates three branches in the Ottawa region — says it is looking into the matter.

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U.S. campaign spending soars

POLITICS

2012 election set records, this one will be no different

Mitt Romney won the Republican primary. Then he became an invisible man.

The 2012 presidential election was four months away, then three, then two. Romney trailed in the polls. Yet his schedule of public events was tiny, the candidate nowhere to be seen for hours on end. Unless you had a pile of cash to spare.

Romney was theoretically running for president. In reality, he was spending most of his summer trying to convince rich people to give him money.

"It is something to see a candidate go and spend seven, eight, nine hours a day raising money, get back on a plane, all the reporters write that you're not really campaigning, and then you write cheques — and

at least 50 per cent of what you've raised goes to the parent organizations of the press in the back of the plane," the campaign's chief strategist, Stuart Stevens, said this week.

The 2012 campaign set a record for U.S. election spending: \$7 billion. Four years later, there has never before been so much candidate talk about the evils of money in politics — and this campaign will almost certainly set another record.

Some of the cash will go to

\$7B

The new record in campaign spending set in 2012.

old-fashioned staples like yard signs and brochures and drab offices and the organizers to staff them. Some will go to new-fangled necessities like social media monitoring and voter microtargeting. But by far the

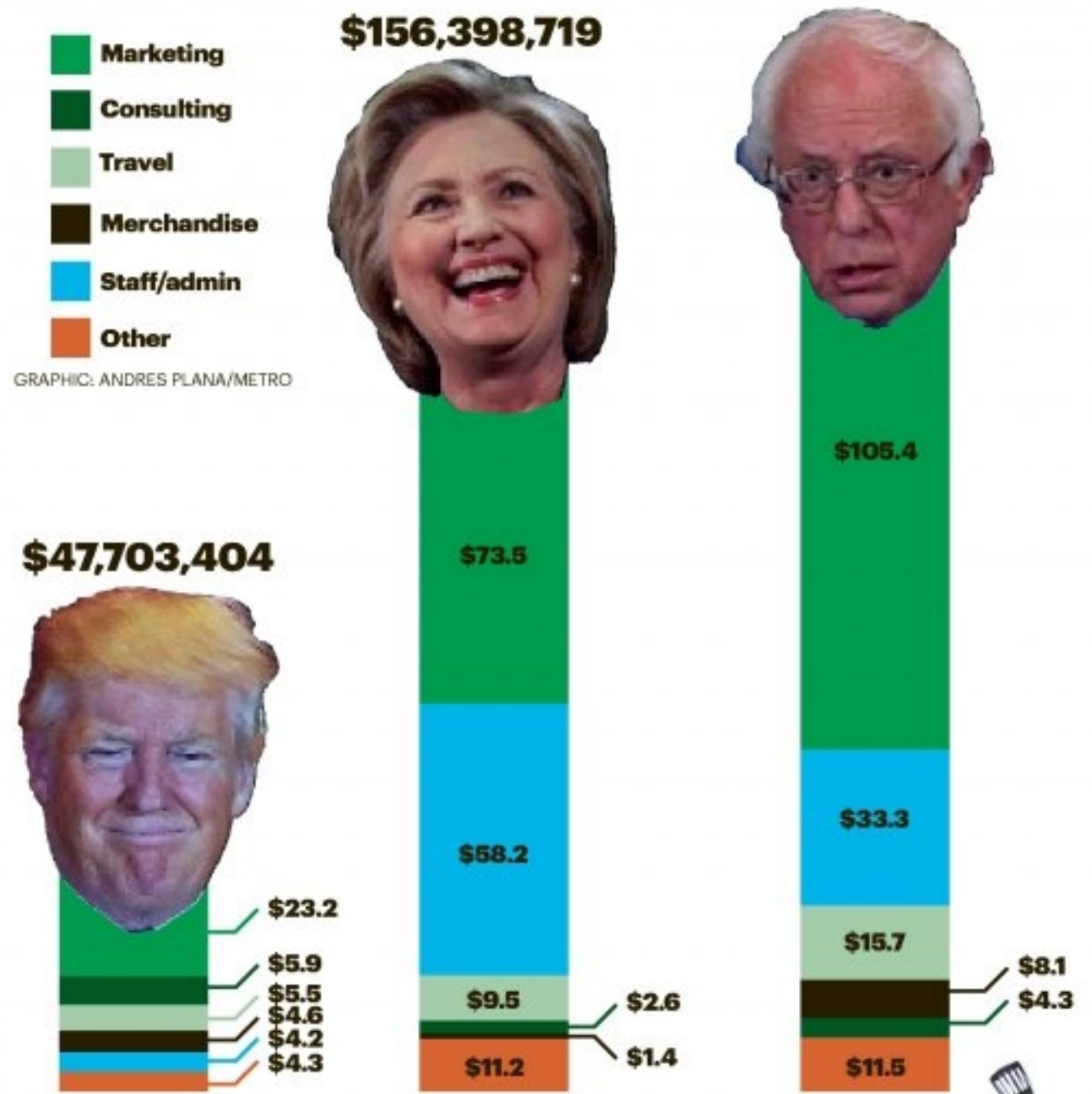
biggest chunk will go to TV ads.

Even though those ads almost always have a small impact on the outcome. At all levels, campaigns and their allies keep raising more money and then spending it on TV. They do it for the same reason people climb Mount Everest, said Tom Korologos, a Bush donor and former ambassador to Belgium.

"Because it's there," he said. The money is there in large part because of Citizens United — the 2010 Supreme Court decision that lets corporations give unlimited sums to Super PACs, quasi-independent spending groups that are free to run ads promoting particular candidates.

It's also there in part because George W. Bush and Obama decided to do their own fundraising instead of using the public financing system created after the Watergate scandal. Bush opted out of the public system for the 2000 primaries. Obama then effectively killed the system for good in 2008.

TORSTAR NEWS SERVICE



DID YOU KNOW? It would take 177 lifespans to make \$178 million on a \$11.25/hour wage

TERRORISM

Bill allows September 11 victims to sue Saudi government

The United States Senate passed legislation Tuesday that would allow families of Sept. 11 victims to sue the government of Saudi Arabia, rejecting the fierce objections of a U.S. ally and setting Congress on a collision course with the Obama administration.

The Justice Against Sponsors of Terrorism Act, approved by voice vote, had triggered a threat from Riyadh to pull billions of dollars from the U.S. economy if the bill is enacted.

The legislation, sponsored by Texas Sen. John Cornyn and New York Sen. Chuck Schumer, gives victims' families the right to sue in U.S. court for any role that elements of the Saudi government may have played in the 2001 attacks that killed thousands in New York, the Washington, D.C., area and Pennsylvania.

The House still must act on the legislation.

Relatives of Sept. 11 victims have urged the Obama

administration to declassify and release U.S. intelligence that allegedly discusses possible Saudi involvement in the attacks.

Saudi Foreign Minister Adel bin Ahmed Al-Jubeir denied earlier this month that the kingdom made any threats over the bill. He said Riyadh had warned investor confidence in the U.S. would shrink if the bill became law.

"In fact what they (Congress) are doing is stripping

the principle of sovereign immunities, which would turn the world for international law into the law of the jungle," Al-Jubeir said in a May 3 statement.

Passage of the bill sends the message that the United States "will combat terrorism with every tool we have available, and that the victims of terrorist attacks in our country should have every means at their disposal to seek justice," Cornyn said. THE ASSOCIATED PRESS



Saudi Foreign Minister Adel al-Jubeir speaks to journalists in Paris on May 9. CHRISTOPHE ENA/THE ASSOCIATED PRESS

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Butternut Pecan Scones

MAKES 8 SCONES

- 1 cup sorghum flour
- 1/2 cup almond flour
- 2/3 cup tapioca starch
- 1/3 cup light brown sugar
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp fine sea salt
- 1 tsp xanthan gum or guar gum
- 1 tsp ginger
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 2/3 cup fresh or canned pureed butternut squash
- 2 eggs
- 2 Tbsp coconut oil
- 2 tsp vanilla
- 1 tsp lemon juice
- 2/3 cup chopped pecans

DIRECTIONS:

Preheat oven to 375°F. In a bowl, whisk together dry ingredients. Add wet ingredients and mix just until the dough is workable. Place dough on center of prepared cookie sheet. Using wet palms, smooth and flatten the dough into an 8-9 inch circle. Use a small silicone spatula to smooth the outside edges. Add extra chopped nuts, if desired. Press in slightly. Brush the top with milk of your choice and sprinkle with some sugar. Score and slice the dough into 8 wedges. Make some space in between each piece. Bake in center of oven for 20 to 25 minutes, until the scones are golden and firm.

Other recipes at communitynaturalfoods.com/recipes

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Find your balance

By Lorna Vanderhaeghe,
Canada's leading women's
natural health expert

Our hormones have to be in balance. Estrogen dominance is the most common situation whereby estrogen becomes too high in relation to our other hormones, resulting in endometriosis, heavy periods, uterine fibroids, ovarian cysts, breast lumps, PCOS, raging PMS, acne and more.

Additionally, women who take birth control pills and/or hormone replacement therapy can also become hormone overloaded increasing the risk of cancers and weight gain. Not only does the body produce estrogen, but we are also bombarded by estrogens in our environment.

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Smugglers are cashing in

EUROPE

Report finds 90% of all E.U. migrants now pay to get there

Smuggling networks cashing in on the huge flow of migrants into Europe had an estimated turnover last year of up to \$6 billion, international law enforcement agencies said Tuesday.

They said that the number of people trying to reach the European Union is expected to increase, with some 800,000 waiting in Libya to cross the Mediterranean. More than 1.2 million people applied for asylum in the EU last year.

A summary published Tuesday of a joint Europol and Interpol report also warned: "There is an increased risk that foreign terrorist fighters may use migratory flows" to sneak into Europe. It noted that two extremists involved in the deadly rampage in Paris on Nov. 13 last year entered the EU through Greece as part of the

\$6 billion

The report says the turnover of smuggling networks likely was \$5-6 billion based on the number of arrivals last year who were helped by smugglers and how much the migrants paid — an average of \$3,200-\$6,500 per person.

influx of migrants from Syria.

Europol said an estimated 90 per cent of all migrants entering the European Union have their trip facilitated by smugglers, sometimes helped by corrupt officials paid off to ensure boats are released and vehicles allowed to pass borders.

Europol Director Rob Wainwright said the report "describes the huge role played by organized-crime networks in the migration crisis and sends a clear message to the EU and its member states that we must combat these networks in the strongest possible terms."

THE ASSOCIATED PRESS



Members of the search and rescue team of SOS Mediterranee give out life jackets to migrants on dinghy during an operation in the Mediterranean, Monday. SOS MEDITERRANEE VIA THE ASSOCIATED PRESS

IN BRIEF

Attacks in Baghdad raise pressure on government

A wave of bombings struck outdoor markets and a restaurant in Shiite-dominated neighbourhoods of Baghdad on Tuesday, killing at least 69 people, officials said — the latest in a string of attacks claimed by Daesh which have left more than 200 dead the past week.

The four separate bombings were a further challenge to the beleaguered government of Prime Minister Haider al-Abadi, who is struggling to prove that his forces can maintain security in Baghdad and elsewhere.

THE ASSOCIATED PRESS

Russia builds military camp in Palmyra

Russian forces have built a military encampment inside a zone that holds the UNESCO world heritage site in the ancient Syrian town of Palmyra, where Daesh militants were driven out recently by pro-government forces.

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Debts rise in risky loans

FINANCE

Sub-prime loans growing in Canada

Canada's riskiest borrowers are taking on bigger debt burdens, pushing national average debt levels up nearly three per cent in the first quarter of 2016.

TransUnion's latest quarterly credit review found that the average Canadian's non-mortgage debt rose to \$21,348 in the first quarter of 2016, up 2.7 per cent from the first quarter of 2015.

Borrowers classified as subprime by TransUnion's risk measure saw their average credit card balance grow by 5.7 per cent year-over-year to \$6,601. The majority of borrowers, those with prime or above ratings, actually reduced their balances.

TransUnion found that balances on instalment loans — a

relatively new high-interest product — grew 4.83 per cent year-over-year to an average \$23,591. Individuals who do not qualify for lower interest bank loans are most likely to resort to these short-term loans, which can carry annual interest rates as high as 59.9 per cent.

Subprime borrowers comprise just 13 per cent of the 26 million credit profiles TransUnion tracks in Canada, said Jason Wang, TransUnion's director of research and analysis for Canada.

"Subprime has grown, but it is still very small," he said. "This is a relatively new trend ... but it's not the end of the world."

TransUnion also found that serious delinquency rates increased three per cent in the first quarter of 2016. The largest increases were booked in provinces most affected by the oil price slump — Alberta and Saskatchewan.

TORSTAR NEWS SERVICE

5.7%

Sub-prime borrowers saw their credit card balance grow by 5.7 per cent.

IN BRIEF

Huawei sets its sights on Apple, Samsung

Chinese tech giant Huawei wants Americans to start thinking of it as a stylish smartphone brand.

Huawei Technologies Ltd. became the No. 3 global smartphone seller last year and passed Apple in China.

This year, it launched a new flagship smartphone, the P9, and is positioning it to compete with Apple and Samsung. But the company's success hinges on the United States, where it has no brand name recognition and faces an uphill battle.

THE ASSOCIATED PRESS



Hudson's Bay Company, which owns Saks Fifth Avenue, Lord & Taylor and Hudson's Bay department stores, is expanding its operations to the Netherlands. THE CANADIAN PRESS

NETHERLANDS

Hudson's Bay going Dutch

Hudson's Bay Company, North America's oldest retailer, is setting up shop in the Netherlands.

The storied company announced Tuesday it is opening up to 20 stores in the country over the next two years as part of an aggressive European expansion plan.

It marks the first time the iconic Canadian brand, which was founded primarily as a fur trading

company in 1670, is making its foray outside the country under the Bay banner.

Hudson's Bay is in the process of finalizing long-term leases, with the first locations expected to be open in the summer of 2017.

Its chairman said Netherlands was an obvious choice for expansion.

"There is a strong affinity to Canadians in the Netherlands,"

said Richard Baker, who is also the retailer's governor, citing the two countries' Allied relationship during the Second World War.

The company said it is aiming to have 17 of the new locations run as stand-alone HBC stores and the other three operate under the Saks Off 5th banners. Some of the Saks discount stores will be inside the HBC locations.

THE CANADIAN PRESS

STARTUP

Engineer envisions robot truckers

Anthony Levandowski, a robot-loving engineer who helped steer Google's self-driving technology, is convinced autonomous big rigs will be the next big thing on the road to a safer transportation system.

Levandowski left Google earlier this year to pursue his vision at Otto, a San Francisco startup he co-founded with two other former Google employees, Lior Ron and Don Burnette, and another robotics expert, Claire Delaunay.

Otto is aiming to equip trucks with software, sensors, lasers and cameras so they eventually will be able to navigate the more than 350,000 kilometres of American highways on their own, while a human driver naps in the back of the cab or handles other tasks.

For now, the robot truckers would only take control on the highways, leaving humans to handle the tougher task of wending through city streets.

The idea is similar to the automated pilots that fly jets at high altitudes while leaving the take-offs and landings to humans.

"Our goal is to make trucks drive as humanly as possible, but with the reliability of machines," Levandowski says.

That objective probably won't be reached for decades, despite the progress made with automated passenger vehicles over the past five years, predicts Steven Shladover, program manager for mobility at the University of California's Partners for Advanced Transportation Technology.

THE ASSOCIATED PRESS



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ROSEMARY WESTWOOD ON JUSTIN'S 'UNOFFICIAL' SPOUSE

The real cause of the media backlash against Sophie is her husband, who once said his family was rich. That, to conservatives' ears, meant taxpayers shouldn't have to cover his family's lifestyle. Or his wife's public-service aims.

I feel for officially useless Sophie Grégoire Trudeau. She must have known there would be more days like this.

In the sequel to Nannygate, she told a Le Soleil reporter that she needs more help to respond to charities and non-profits, and generally "serve the public." That was the spark that lit the fire — though it required a lot of hot air to really get the blaze going.

"We don't need a First Lady," said the Sun, and, for once, it's right. Good thing we don't have one. If we did, Grégoire Trudeau might be asking for Michelle Obama's 24-strong staff.

Others accused her of benefiting from another "entitled" government position, as if a spousal role to the prime minister were not also a government role. To say Canada has a "no official spouse" policy is tantamount to calling a tomato a fruit: objectively true, practically useless.

Of course spouses have political roles. We should be grateful they're not set in stone, that our prime ministers' wives have been able to choose how much free labour to undertake on behalf of Canadians while their husbands run the nation.

What seems to irk the irked is that Grégoire Trudeau is failing to count her blessings.

To say Canada has a 'no official spouse' policy is to call a tomato a fruit: objectively true, practically useless.

"And then here came Grégoire Trudeau — with two nannies at home, a cook, housekeepers and no official duties — lamenting about how she is overburdened," wrote Robyn Urback in the National Post. Well, those are

most offended by Sophie's request for help are other working mothers, to imagine them a unified group with unified anger. Some might be mad, some supportive, and none should be used as political pawns. But the real cause of all



DON'T FENCE HER IN Some pundits seem to want Sophie Grégoire Trudeau to be a humble homemaker and nothing else. ADRIAN WYLD/THE CANADIAN PRESS

not Sophie's staff and hers only. Suggesting they're "hers" implies that, by virtue of being a woman, Sophie would naturally be in charge of all the cooking, cleaning and child rearing.

In truth, Sophie has a single assistant, and even one or two more wouldn't make her anomalous in our history. It might be more than Lauren Harper had (a fact I haven't been able to confirm but seems assumed by every conservative columnist and eager-to-pounce NDP critic) but it would match Mila Mulroney's three staff, never mind her office on Parliament Hill.

It's also overreaching — and patronizing — for pundits to suggest the people

this backlash — surprise, surprise — is Sophie's husband. He once said that his family was rich and in need of less tax relief than less wealthy Canadians. That, to conservatives' ears, meant he was willing to pay his own way, and his wife's, while in government. Thus, taxpayers shouldn't have to cover his family's lifestyle. Or, apparently, his wife's public-service aims.

The suggestion is that our leaders' "entitlements" should be determined by how rich they are. Super rich? Pay for your own staff! Not-so-super rich? Oh, all right — we'll cover you. Oddly, no one has yet come forward with the appropriate net worth/staff-

ing ratio.

What's clear is that Sophie won't soon escape from her critics. So let's end with some advice for you, Sophie, on how to please everyone. Shouldn't be too hard.

1. You can use your role to promote Canadian causes that everyone can agree are good (your choice of women's health and self-esteem is suitable), but do not expect any compensation or assistance. Truthfully, if you decide to be a stay-at-home mum and suspend any professional independence, that would be easier for all involved. Oh, and while you should always be with your kids, don't be photographed with them too much lest it be seen as political posturing.

2. Make a good esthetic impression on our behalf at all times, but note that your expensive clothing in Vogue upset people. Then again, H&M and Joe Fresh aren't the most ethical. And naked is also not an option. Perhaps stay home?

3. Since you come off as elitist, do something common, like spontaneously bursting into song. Oh, wait ...

4. Remember that you have no official role, and therefore no obligation to the Canadian public, except to follow these rules, and all the other, unwritten ones.

5. Finally, know that your mere existence as a modern, professional woman with good looks, effervescence and style is too flashy for Canada and unsettling for the patriarchy. In the end, it might be better to resign from your non-existent role. In fact, better you never even tried.



Disarmament offers Canada chance to lead on world stage

Paul Dewar

If Canada is to win a seat on the UN Security Council, we need a campaign that is bold, global and pertinent.

Leading a global effort on nuclear non-proliferation and disarmament should be a cornerstone of that campaign, and the upcoming G7 meetings in Japan represent a perfect opportunity.

The need to act on nuclear disarmament is clear. Nuclear weapons threaten our collective existence, especially in the hands of non-state actors, such as Daesh, and belligerent countries, such as North Korea. The financial cost to build, maintain and refurbish nuclear weapons is unsustainable. The proliferation of nuclear weapons also raises the risk of false alarms that could lead to inadvertent use.

The world needs leadership and action on disarmament, and Canada is well-positioned to move things forward.

It is important to remember the political and historic capital we have. As a country that has never developed nuclear weapons, we have credibility. As a G7 nation and a member of NATO, the Commonwealth, and the Francophonie, we have global connectivity. And we have some of the best experts in the diplomacy, science and verification of nuclear weapons.

No other country has these claims.

Recently, Minister Dion joined with other G7 foreign ministers in signing a commitment to act on the issue of

nuclear disarmament. In April, our Permanent Mission in Geneva hosted representatives from 22 governments — both nuclear-weapons countries and non-nuclear weapons countries — to discuss proposals for advancing nuclear disarmament.

What can Canada propose?

We should use the upcoming G7 to announce that Canada will make nuclear disarmament a cornerstone of our campaign for a seat on the UN Security Council. And we should commit to a specific set of actions.

First, we should pledge concrete support for the Iranian nuclear deal, by offering to provide assistance in verification and compliance.

Second, we should commit additional support to the work of the International Atomic Energy Agency.

Third and most important, Canada should offer to host a high-level conference to discuss a Nuclear Weapons Convention. This conference would allow all countries to share ideas in an open setting and begin work towards a framework agreement leading to a convention.

It is now 71 years since Hiroshima and Nagasaki and the threat of nuclear war is still with us.

Are we ready to put forward serious ideas that will allow Canada to take its place at the UN Security Council and contribute to a more stable world? I hope and think the answer must be yes.

Paul Dewar is a fellow at the Canadian Global Affairs Institute, a former MP and NDP foreign affairs critic.

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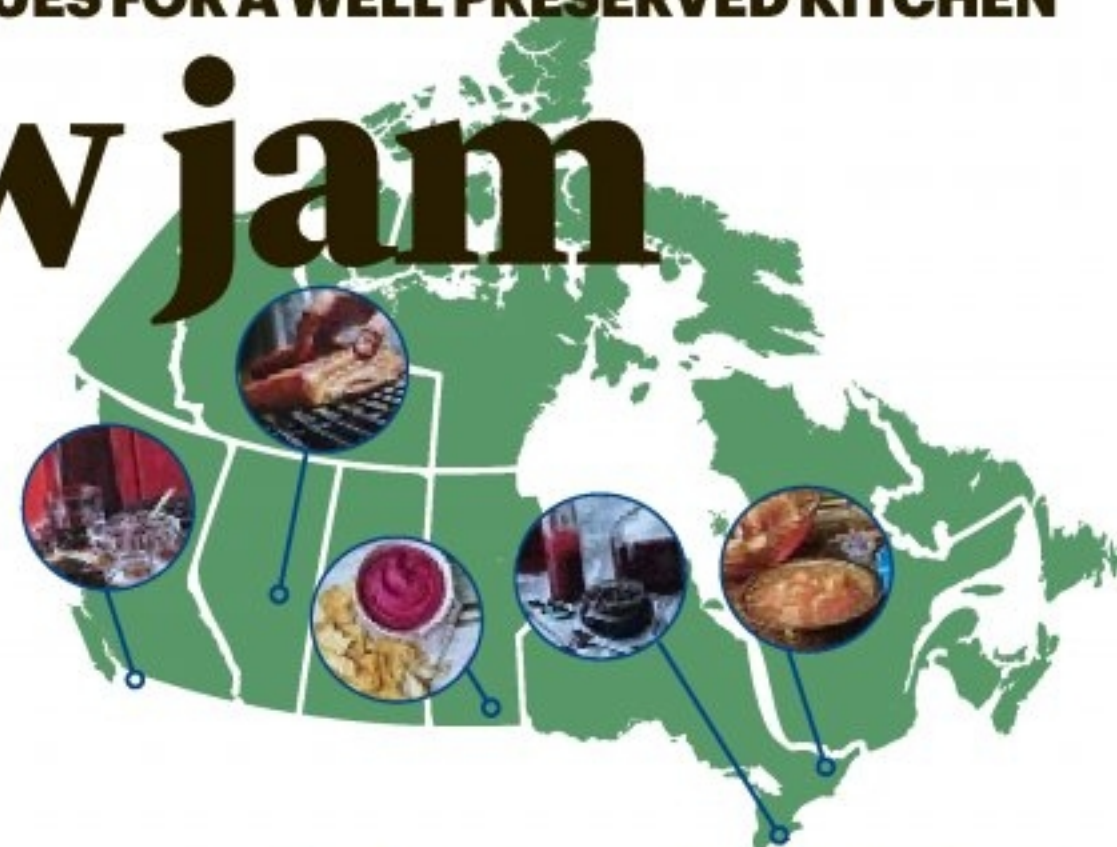


BOOK EXCERPT BATCH: OVER 200 RECIPES, TIPS & TECHNIQUES FOR A WELL PRESERVED KITCHEN



Your new jam

Preserving is not just about jelly and pickles — Canadians Joel MacCharles and Dana Harrison give quick, easy and cheap meal ideas made from delicious local ingredients.



Pickled Asparagus Spears

Asparagus spears are more beautiful than the stalks. I pickle them while I'm using the bottoms to make relish. The pickles have a bite that cuts through the acidity of the brine. The brine is an awesome cooking ingredient that you can add to stir-fries, salads, and fish. The relish is savory enough to be used on a hamburger but subtle enough to use for white fish, seafood, or cured ham. The relish is very tart, so I remove it from the jar with a fork and leave the brine (which is the most acidic) behind.

WATERBATH

Yield: 3 pint jars

Effort: 30 Minutes

Elapsed: 1 and 1/2 hours

Eat: After 6 weeks and within 2 years

Ingredients:

- Tops of 5 lb asparagus, cleaned and cut to the length of the jar
- 3 cups white wine vinegar (must be 5% acidity or more)
- 2 1/2 cups water
- 1/2 cup lime juice (4-5 limes)
- 3 Tbsp honey
- 6 cloves garlic, peeled and slightly

smashed

- 24 whole peppercorns

- 1 1/2 tsp cayenne pepper

- Variation: Replace the cayenne with 3 Tbsp dill seeds

Make the pickled spears:

1. Prepare your canning pot and rack, and sterilize your jars and lids. Prepare a bowl of ice-cold water.

2. In a pot of boiling water, blanch the asparagus for 10 seconds; remove and place in the cold water.

3. Make a brine by placing the vinegar, water, lime juice, and honey in a pot and mixing them well. Bring to a simmer over medium heat for 3 minutes.

4. Remove the jars from the canner and turn the heat to high.

5. Place 2 cloves garlic, 8 peppercorns, and 1/2 tsp cayenne in each jar.

6. Process at 10 lb of pressure for 35 minutes at sea level (if you live higher than 1,000 feet above sea level, refer

to the Adjust for Altitude Chart on page 25 for additional processing time).

Pack the jars and process:

7. Pack the jars with asparagus as tightly as you can; they will shrink as they cook. If you want to ensure they don't float, seatbelt them (see page 18), though I usually don't because I prefer the aesthetics of vertical spears alone.

8. Fill each jar with brine, leaving 1/2 inch of headspace. Gently jostle the jars or use the handle of a spoon to release any air bubbles. Wipe the rims of the jars, apply the lids, and process for 10 minutes (if you live higher than 1,000 feet above sea level, refer to the Adjust for Altitude chart on page 17 for additional processing time). Remove the jars and allow them to cool.

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HERE'S WHY



Equivalent to a Dave's Single Cheese-burger from Wendy's in fat

Sandwiches are an easy go-to lunch — just stack some pre-sliced meats between two slices of bread. Not so fast — we've been warned about the unhealthiness of processed meats for a while — they contain excess fat, sodium and harmful preservatives such as nitrites and nitrates, which are linked to cancers. Let's skip the salami and go for a cooked, not smoked, ham. Most cooked hams do not include nitrates, but always read the ingredient list. You'll save on these slices — salami has double the calories and sodium, and over four times the fat.

FOOD TREND

Finally, a cake that tastes like nothing

This year's answer to the cronut is an edible breast implant. Well done, humanity.

OK, it's actually called a raindrop cake and it's essentially a half-sphere of colourless, flavourless jelly that's supposed to look — and taste — like a large, freshly fallen raindrop.

It's jiggly, smooth and delicate. When bitten, the raindrop yields a soft, melty texture that falls apart rather than giving off a chewy, bouncy, Jell-O-like texture.

After 30 minutes or so, the whole thing is supposed to disintegrate. Yum!

The dessert has been making the rounds across international media outlets for the past two months, spurred on by New Yorker Darren Wong, who started selling it for \$8 a pop at a Williamsburg (of course) food market called Smorgasburg in April.

Raindrop Cake

Ingredients:

- 1 cup (250 mL) distilled water
- 1/8 tsp (0.5 mL) agar powder
- 1/2 tsp (2 mL) superfine sugar, optional
- 1 or 2 drops clear extract like peppermint, orange blossom or rosewater, optional



A raindrop cake. TORSTAR

Directions:

1. In a small saucepan over low heat, pour in water and sprinkle in agar. Stir until agar has completely dissolved. Sprinkle in sugar and add extract, if using. Stir. Bring to a gentle simmer, stir and let cook for one minute.

2. Pour mixture into silicone hemisphere moulds or a small round rice bowl. Chill in fridge for one hour, or until mixture has set. Carefully remove from moulds and place on serving plates.

3. Top with desired toppings like sesame seeds, fruit puree or maple syrup. Serve immediately.

TORSTAR NEWS SERVICE

LIQUID ASSETS

Wash your barbecue down with the pink stuff

While I've already pushed the button on my gas grill a few times this year, for many Canadians the Victoria Day long weekend is the official start of barbecue season. I did a quick poll of friends to get their favourite things to throw on the coals and the unanimous answer was hamburgers and hot-dogs; the kings of summertime comfort food.

Red wines made with the likes of Malbec, Zinfandel and Cabernet Sauvignon fit the bill for a nice pairing, as do lightly oaked Chardonnay-based whites. In the middle is rosé, the great liquid ambassador.

Kim Crawford's 2015 Pansy! Rosé (\$16.49-\$19.99), a blend of Malbec and Merlot from New Zealand's Hawkes Bay region, is a full-figured pink wine with more than enough chutzpah to meet any grilled meat main and its flavour-forward companions head on.

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The best berry you've never heard about

NEW TASTES

Haskap berries are making their way to Canuck tables

Haskap berries might be the next new superfood — but most people haven't heard of them.

That's because the berries, which are higher in antioxidants than blueberries, have traditionally been found only sporadically in the wild across Canada, growing mostly on the edge of wetlands.

But Bob Bors aims to change that.

The head of the fruit program at the University of Saskatchewan has been breeding haskap berries for 15 years. Before that, he spent a few years studying them in order to pluck the most desirable characteristics from the species, which is native to northern Japan and Russia.

The plants are being grown in most provinces now, with more than two million sold, "which is pretty big for any plant breeding program," says Bors.

Haskap, meaning "little present on the end of a branch," is the name given by the Japanese. Other names include edible honeysuckle, blue honeysuckle and honeyberry.

The taste is distinct, says Alain

Bosse, the Kilted Chef who promotes Maritime cuisine.

"It's got this raspberry, wild blueberry sort of undertone and then all of a sudden there's that Honeycrisp (apple)," Bosse says from Pictou County, N.S. "It's got that real funky flavour profile," which he likens to bumbleberry, or mixed-berry pie.

Some people say the berries — which are dark blue, oval or cylindrical, and about 2.5 centimetres long — have a hint of elderberry, black currant or grape, and a tartness.

Liam Tayler, commercial director of Haskapa in Nova Scotia, says the company started with an acre of haskap plants in 2011 and has added more each year.

Forty acres are nearing production and they plan to plant another 80 acres this year.

Being a small company, they currently freeze the berries for use in products that are sold in their retail store in Mahone Bay, N.S., as well as online.

"The nice thing about the haskap berry is it's incredibly versatile," Tayler says from Mahone Bay. "It has the capacity to be a wine, but it also has the capacity to be a health-food supplement" because of its antioxidants.

Haskapa has created juice, jams and condiments with haskap berries and infuses other products with the fruit including maple syrup, gin and vodka. They also make body scrub, bath

salt, lip gloss and soap containing the haskap and plan to introduce powder for juice and wine in the next few months.

Tayler says Haskapa is working with Dalhousie University's agricultural experts in Truro, N.S., to optimize processing techniques to maximize the bioactive content of the products. One of Bors's doctoral students is also conducting research on the nutritional composition of the haskap.

"It is a fruit that makes a wine more like grape wine than any other fruit, so people in the far north like Saskatchewan, we can't really grow any wine grapes here, but you can grow haskap to make a nice wine or liqueur," says Bors. THE CANADIAN PRESS



Haskap berries have been found sporadically in the wild across Canada. THE CANADIAN PRESS

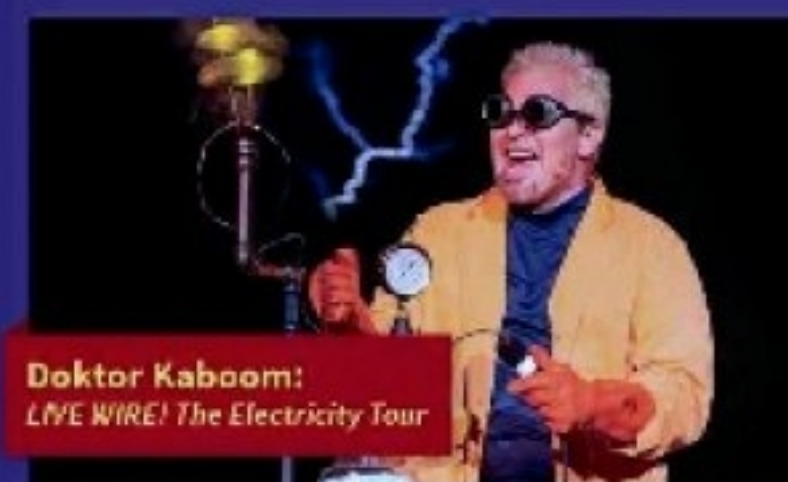
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Kristen Stewart makes return to supernatural

FESTIVAL NEWS

Actress debuts ghostly film Personal Shopper at Cannes

The idea of Kristen Stewart playing a combination ghost chaser and fashionista sounds like something from the realm of comedy.

Yet in *Personal Shopper*, her new film which has electrified — make that terrified — the Cannes Film Festival, it's an artful take on the horror movie genre. Representing a new advance as an actress for Stewart, 26, the film is far more frightening and cerebral than anything seen during her *Twilight* vampire franchise days.

"I was surprised every day by how scary the movie was," she told a press conference Tuesday, recalling how the "trippy, dreamy, surreal and existential" script she'd read exactly once turned into some-

thing altogether different during filming.

The Palme d'Or-contending movie, world-premiering at Cannes, reunites her with writer/director Olivier Assayas, whose *Clouds of Sils Maria* earned her the best supporting actress prize at the 2015 Césars, the French Oscars, the first American actress to win a César.

The French auteur again has Stewart working as a personal assistant for a demanding female employer and taking a long train journey as part of her job, but this time with far creepier effect.

Her character, Maureen Cartwright, is the Paris-based gofer and dresser for the fabulously rich Kyra (Nora Von Waldstätten), who is too famous and entitled to shop for her own designer clothes and Cartier jewels. Maureen does the fittings and fetching for her boss, working efficiently but with a vague sense of resentment. Stewart puts these competing impulses across with the most

subtle of words and expressions, and also small acts of rebellion.

This is not how we first meet Maureen, however. The movie opens in more conventional spook story fashion, with a visit to an imposing rural mansion. Maureen is accompanied by Lara (Sigrid Bouaziz), the grieving girlfriend of Lewis, Maureen's recently deceased twin brother. The two siblings both had a congenital heart condition they believed predisposed them to perceiving ghostly visitors, and Maureen is hoping to contact her brother from across the life/death divide — which means spending the night alone in the house (Lara refuses to stay).

What transpires is as unsettling as it is perplexing, and soon we see Maureen back at her celebrity helper job, taking a return day trip to London via the Chunnel train on yet another fashion mission for Kyra. Suddenly she has an "unknown caller," contacting her via texts on her smartphone, an aggres-

sive and vexing presence not unlike the mocking telephone psycho from *Scream*. Is the texter human or something altogether different?

Anyone expecting *Personal Shopper* to follow a conventional horror-movie trajectory is in for a disappointment, which may explain why there were a few boos Monday night at the press preview in the Debussy Theatre.

The film is about someone dealing with grief and loss but also trying to discover who she really is. "It is a movie about finding yourself. It's an enormous identity-crisis movie," said Stewart, who still sports the new platinum blonde hair bob she unveiled at last week's Cannes gala opener, Woody Allen's *Café Society*, in which she plays both assistant and lover to a Hollywood agent.

Personal Shopper also addresses the idea of what's real and what's not in our lives, and whether there are worlds beyond the known ones.

TORSTAR NEWS SERVICE



Kristen Stewart at Cannes, where she premiered her new film *Personal Shopper* about a young woman working as a personal shopper who can also communicate with ghosts.

GETTY IMAGES



JOHANNA SCHNELLER WHAT I'M WATCHING

This crime show leaves no Blindspots

THE SHOW: *Blindspot*, Season 1, Episode 22 (NBC/CTV)
THE MOMENT: The table recap

A baby girl has been found in a duffel bag — just as Jane Doe (Jaimie Alexander), our main character, was found in episode one.

The two even have a matching tattoo. The FBI tracked down the man who dropped off the baby, but a sniper killed him. Standing around a table in the FBI office, the team does a rapid-fire recap.

"So he steals a baby?" Jane asks.

"Not just any baby, the granddaughter of a famous politician," growls the aptly named Kurt (Sullivan Stapleton).

"I can't find any record of her birth," Patterson (Ashley Johnson) chimes in.

"More importantly, why haven't the Warrens reported her missing?" Kurt snarls.

I watched episode one of this series, but didn't continue. So I was curious to see if, 21 installments later, I could keep up. It's a major concern for shows



Blindspot solves the problem of viewers feeling lost by recapping itself every five minutes. CONTRIBUTED

that unravel a mystery across a season, such as *Lost*, *24* or *Quantico*: If you miss an hour, it feels like too much to catch up on, so you drop it.

Blindspot solves that problem by recapping itself every five minutes, in high-speed dialog that sustains the illusion of tension. "A little girl left in a bag totally helpless — doesn't that remind you of someone?" Jane asks. Why yes, Jane, it reminds me of you! Amazing!

Even action scenes (assailants steal a baby) are followed immediately by recaps ("Assailants have stolen a baby!"). So don't worry about keeping track since episode one. You don't even have to keep track between commercials.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



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The Power of a meaningful friendship

RELATIONSHIPS

Nelson says it takes work to form a strong, lasting bond

Are you craving intimacy in your life? If so, it's probably not just the romantic kind, according to friendship expert Shasta Nelson. In her new book *Frientimacy: How to Deepen Friendships for Lifelong Health and Happiness*, Nelson talks about how to have lasting, life-changing relationships with your friends. It's a subject close to her heart, given her role as founder and CEO of female friendship matching website GirlFriendCircles.com.

In your book, you talk about an intimacy gap many of us feel in our friendships. What is that, exactly?

It's the gap between what we wish we were experiencing in friendships and what we're currently experiencing. It speaks to the fact that we all know a ton of people — it's not a lack of a social life — but we're not feeling that our friendships are deep or fulfilling enough.

Why do you think so many people feel that?

I think we're not spending enough time with each other. Research shows healthy relationships need to stay above a 5:1 positivity to negativity ratio, so if we're not seeing each other very often, and the encounters are filled with stressing and venting, we're not having those times of laughing and having fun. We're not feeling like people know what's going on in our lives day-to-day. There are

three aspects to friendships that are non-negotiable: positivity, consistency and vulnerability. If any of those are missing, it's an obstacle.

Why is being vulnerable so important?

If you have positivity and consistency, it means you're going out and having a good time, but you're not feeling known. That third piece is what helps us feel safe and that our lives are feeling witnessed. Having those people we've practised being vulnerable and real with — and going deeper with than just updating them about our lives — those are the people that we think will be there for us.

Modern women are juggling busy careers, raising kids, spending time with their partners and maintaining friendships. Can they really have it all?

It's a great question. Women can't have it all at the same time, and we have to choose. We can't allow friendships to be a nice-to-have at the end if we get everything else done and have time. We're biologically wired to have friendships in our lives — it should be a top priority! Our culture values productivity and consumerism, but I'm calling on women to be countercultural. Let's just go straight for the relationships and try to prioritize them. We're more likely to feel amazing when we're feeling loved and connected. Many of us rely on social media to keep in touch. Is that providing a false sense of intimacy in our friendships?

I don't think so! I think most of us are at the point where

we recognize that being connected to everybody is not leaving us feeling more connected... and I think social media can help us keep in touch with the people we care about. But the downside of it is, if we're not making memories, laughing together, and sharing, then it has limitations — it can't do that for us. We confuse friendship with people that we like or are friendly with, but there's a huge difference between people we're friendly with and people we've developed a real friendship with.

You talk about women searching for the perfect friend, the Thelma to our Louise, but obviously nobody's perfect. Instead you think we need better friendships, not better friends. What do you mean by that?

If you look at those three non-negotiables of friendship, then anybody we practise those with, we'll feel closer to. For example, we'll feel closer to someone we work with because the consistency is happening often. Those women at work, if we'd gone on one coffee date, we wouldn't have necessarily chosen them as a best friend, but we're bonding because of the consistency with each other. We all have examples of women we really, really like and admire and had a great time with, but if we never saw them again, we didn't develop a friendship. The only people who develop a friendship are the ones doing these three things together.

TORSTAR NEWS SERVICE



Initiate the connection you're craving with your friends, says Shasta Nelson, author of *Frientimacy*. COURTESY GUDMUNDUR IBSEN

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GOSSIP KESHA'S PLANNED LIVE TV PERFORMANCE HALTED

Dr. Luke rescinds approval, Kesha not singing at Billboard Music Awards

Kesha, who was readying a live performance at Sunday's Billboard Music Awards, is no longer performing at the show.

Dick clark productions

said in a statement Tuesday that Kesha initially accepted its invitation to perform at the May 22 show and "received written approval from Dr. Luke's record label, Kemosabe Records."

But the label "rescinded its approval following a

media report on Wednesday May 11th," the statement continued.

Dr. Luke and Kesha have been at war since she accused of him of drugging, sexually abusing and emotionally tormenting her. She is signed to his record label

and they co-wrote many of her hits together. The New York Daily News reported that she planned to take swipes at Dr. Luke during her performance.

The Billboard Awards will air live on ABC.

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GUIDE TO USED CARS

How to get the best deal on pre-owned wheels

Buying a used car can be an intimidating process — are you getting the best deal or are you buying someone else's problem? Bob Pendock, general sales manager for Brasso Nissan in Calgary, offers five tips that people can use to improve their satisfaction with the process.

Know your car's history

"The biggest mistake people make is not to ask for the Car Proof history report. The first thing I do is pull a Car Proof report to see accidents," he said. "It's a national report that so if the car comes from another country, it shows all the damage that may have occurred. You wouldn't believe the number of people who buy cars without knowing its history."

When people purchase a used car from Brasso, they'll get the Car Proof report and a booklet with the service history and proof the car has been inspected, and any other repair information.

Know your needs

"It's also important for people to analyze their needs," Pendock adds. "They fall in love with a model based on looks. Do a little bit of soul searching and see if what you need is actually what you want. You may avoid mistakes by not making emotional decisions."

So who are the worst culprits: young people excited about getting a new car or older men trying to recapture their youth?

"Yes and yes," he says, laughing. "You see it with guys buying midlife crisis-mobiles — they can hardly get in the car, yet they want to buy it."

Know your market

"Educate yourself about what you can afford.



CONTRIBUTED

And go online and do research — there are fabulous resources out there, like AutoTrader, where you can search by year, make, model, and narrow by search radius to a few hundred kilometers around where you live and compare features and prices. But make sure to do a fair comparison — and try to stick to reputable dealers for reference. If you find a price that is suspiciously low, it could have an accident claim. Sometimes it is just a great opportunity to buy — like during our blowout sale. We have 82 cars on the lot and 40 more are coming, so we reduce our prices to move inventory."

Make sure it is as described — that the car

advertised is the make and model, as many can be similar. "We also offer financing."

Know your limits

"Just do your analysis, see what's out there, then figure out what your budget is. How much money do I have to put down and what are my payments going to be?" he explains, adding that this includes insurance.

"Check what you can afford monthly and be realistic."

Know everything first-hand

"Obviously if you find something that you're

interested in, come down and test it," he says, adding that buyers shouldn't be worried about getting a second opinion. "You can also have an independent inspection — any reputable dealer should have no problem with an independent third-party doing an evaluation."

"Our way of doing business is out of step with what is typical — and I mean that in a good way," Pendock says, adding that they use an algorithm that scans for comparable vehicles in the market to ensure that they're offering competitive pricing. "Here we have a consultative process — there's no back and forth, 'going to see the Wizard of Oz' to get the numbers."



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 2008

 #CN121678A
\$7,998

MINI COOPER CLUBMAN 1.8 SL
 2008

 #ET482213A
\$8,330

SUBARU IMPREZA 2.5I
 2008

 #FC680795A
\$8,598

JEEP PATRIOT NORTH 2.0
 2010

 #FN245446A
\$8,777

NISSAN ALTIMA 3.5 SE
 2009

 #GC778225A
\$8,994

CHRYSLER SEBRING TOURING
 2010

 #CC772404B
\$9,498

NISSAN PATHFINDER SE
 2008

 #GC640096A
\$10,998

NISSAN SENTRA 1.8SV
 2013

 #G38675
\$11,998

NISSAN X-TRAIL BONAVISTA
 2006

 #GN114542E
\$11,999

TOYOTA YARIS LE HATCHBACK
 2013

 #CN114608B
\$12,703

NISSAN PATHFINDER S
 2008

 #CN123281A
\$12,833

BUICK ENCLAVE CX
 2010

 #FC718690A
\$13,173

NISSAN JUKE SL
 2011

 #GT554907A
\$13,214

LEXUS RX 350 AWD
 2008

 #CC378088A
\$13,523

TOYOTA RAV4 LIMITED AWD
 2008

 #FC705055A
\$13,998

NISSAN ROGUE SL
 2013

 #GN13740A
\$13,998

NISSAN ROGUE SV
 2012

 #FC708944A
\$14,497

NISSAN ALTIMA 2.5 SV
 2013

 #FC679304A
\$14,498

VOLKSWAGEN PASSAT CC HIGHLINE
 2011

 #CC637529A
\$14,998

CHEVROLET TRAVERSE 1LT
 2009

 #P4756
\$15,300

NISSAN JUKE SL
 2012

 #GN125007A
\$15,328

NISSAN JUKE SL
 2011

 #P4802
\$15,895

NISSAN JUKE SL
 2011

 #CN115067A
\$15,954

GMC TERRAIN SLE-1
 2013

 #FC665056A
\$15,998

NISSAN ROGUE SL
 2011

 #GN124276A
\$16,537

NISSAN PATHFINDER LE
 2009

 #GT555804A
\$16,590

JEEP GRAND CHEROKEE LAREDO
 2010

 #CC705991B
\$16,794

NISSAN MAXIMA SV
 2012

 #GC445843A
\$16,998

NISSAN JUKE SL
 2013

 #GN124276A
\$16,998

NISSAN ALTIMA 3.5 SR
 2012

 #P4702
\$17,291

NISSAN ROGUE SV
 2011

 #P4794
\$17,367

NISSAN MURANO LE
 2010

 #GC640566A
\$17,700

NISSAN ROGUE SL
 2013

 #FN286802A
\$17,812

NISSAN 350Z BASE
 2005

 #EM621473A
\$17,998

TOYOTA RAV4 BASE
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2015 VOLKSWAGEN GOLF HATCHBACK  #P4791A \$18,598	2014 NISSAN JUKE SV  #GC769077A \$18,898	2013 NISSAN ALTIMA 3.5 SL  #GC431483A \$18,900	2013 NISSAN ROGUE SV  #GC819805A \$18,980
2010 FORD EXPLORER EDDIE BAUER  #PC624483A PRICE \$18,998	2013 NISSAN ROGUE SV  #FN278224A PRICE \$18,998	2013 NISSAN ROGUE SV  #GC769452A PRICE \$19,361	2011 GMC ACADIA SLT  #PC647580A PRICE \$20,767
2012 LINCOLN MKS ECOBOOST  #GN124327A PRICE \$20,815	2012 MINI COOPER S BASE COUPE  #CT652566A PRICE \$20,898	2011 NISSAN MURANO SL  #CN123545A PRICE \$20,921	2013 HYUNDAI SANTA FE SPORT 2.0T SE  #GN114608C PRICE \$22,940
2012 NISSAN MURANO LE  #217025 PRICE \$23,850	2011 JEEP WRANGLER UNLIMITED SPORT  #FN268047B PRICE \$23,994	2011 NISSAN TITAN SL CREW CAB  #CN701407A PRICE \$23,998	2012 NISSAN TITAN SV DOUBLE CAB  #P4804 PRICE \$24,149
2013 NISSAN MURANO SL  #CN113984A PRICE \$24,998	2013 NISSAN XTERRA PRO  #FL683439A PRICE \$24,998	2012 VOLVO XC90 3.2 PREMIER PLUS  #P4759A PRICE \$25,998	2014 NISSAN MURANO S  #CN113623A PRICE \$25,998
2014 NISSAN ROGUE SL  #P4607 PRICE \$25,998	2013 NISSAN MURANO SL  #GN114541A PRICE \$26,777	2012 INFINITI FX35 PREMIUM  #GN114548A PRICE \$26,850	2015 NISSAN LEAF SL  #FC327207A PRICE \$27,226
2014 CHEVROLET TRAVERSE 1LT  #GN115084A PRICE \$27,998	2013 CHEVROLET AVALANCHE 1500LT  #PC699108A PRICE \$28,487	2013 TOYOTA TACOMA CREW CAB 4X4  #GC768804A PRICE \$29,640	2013 BUICK ENCLAVE CONVENIENCE GP  #GC7801455A PRICE \$29,998
2013 NISSAN MURANO LE  #GN133384A PRICE \$29,998	2013 NISSAN MURANO LE  #GN122088A PRICE \$30,581	2014 GMC TERRAIN DENALI  #GN102509A PRICE \$31,121	2014 NISSAN PATHFINDER PLATINUM  #FN509793A PRICE \$31,815
2014 INFINITI Q50 PREMIUM  #P4603 PRICE \$31,998	2014 NISSAN TITAN SL  #GC639075A PRICE \$33,599	2015 NISSAN PATHFINDER SL  #GC619964A PRICE \$33,817	2013 NISSAN ARMADA PLATINUM  #GC630057A PRICE \$38,928



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Offers available from May 12 - 14, 2016. ¹Offer is administered by Nissan Canada Extended Services Inc. (NCESI) and applies to any MY16 Sentra models (from here on, an "Eligible Model") leased and registered through Nissan Canada Financial Services Inc., on approved credit, between May 12 - 14 from an authorized Nissan retailer in Canada. Eligible only on leases through NCF with subvented rates. Offer recipient will be entitled to receive a maximum of six (6) service visits (each, a "Service Visit") for the Eligible Vehicle - where each Service Visit consists of one (1) oil change (using conventional 5W30 motor oil) and one (1) tire rotation service (each, an "Eligible Service"). All Eligible Services will be conducted in strict accordance with the Oil Change and Tire Rotation Plan outline in the Agreement Booklet for the Eligible Vehicle. The service period ("Service Period") will commence on the purchase or lease transaction date ("Transaction Date") and will expire on the earlier of: (i) the date on which the maximum number of Service Visits has been reached; (ii) 36 months from the Transaction Date; or (iii) when the Eligible Vehicle has reached 48,000 kilometers. All Eligible Services must be completed during the Service Period, otherwise they will be forfeited. The Offer may be upgraded to use premium oil at the recipient's expense. The Eligible Services are not designed to meet all requirements and specifications necessary to maintain the Eligible Vehicle. To see the complete list of maintenance necessary, please refer to the Service Maintenance Guide. Any additional services required are not covered by the Offer and are the sole responsibility and cost of the recipient. Offer may not be redeemed for cash and may not be combined with certain offers NCESI reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. Ask your retailer for details. ²Payments cannot be made on a weekly basis, for advertising purposes only. ³Representative monthly lease offer based on a new 2016 Sentra 1.8 S M6 (C4LG56 AA00) 0.99% lease APR for a 60 month term equals monthly payments of \$169 with \$0 down payment, and \$0 security deposit. First monthly payment, down payment and \$0 security deposit are due at lease inception. Payments include freight and fees. Lease based on a maximum of 20,000 km/year with excess charged at \$0.10/km. Total lease obligation is \$10,113. \$750 My Choice Bonus cash included in advertised offer. \$700 lease cash applicable on 2016 Sentra 1.8 S M6 (C4LG56 AA00). *Models shown \$24,324 Selling price for a new 2016 Sentra 1.8 SR CVT (C45G16 AA00). **Freight and PDE charges (\$1,600) air-conditioning levy (\$100) where applicable, applicable fees (all which may vary by region), manufacturer's rebate and dealer participation where applicable are included. License, registration, insurance and applicable taxes are extra. Offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Vehicles and accessories are for illustration purposes only. See your dealer or visit Nissan.ca/Loyalty. 2016 Sentra is recognized as IIHS top safety pick+ when equipped with Forward Emergency Braking. For more information see www.iihs.org. See your participating Nissan retailer for complete details. ©2016 Nissan Canada Inc. and Nissan Canada Financial Services Inc., a division of Nissan Canada Inc.

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Titan XD can play with the best



REVIEW

Heavy truck offers combo of comfort, power

Nissan knows it can't rely strictly on a brand name to sell its truck, because although the Cummins-powered Titan XD has garnered plenty of attention since launch, it will only be a small part of the brand's overall truck sales pie.

The brand wants us to think of the Titan as a heavy half-ton that offers the capability of an HD pickup. Base curb weight on the gas-powered truck is still a hefty 2,724 kilograms for the S model, though that is 272 kg lighter than the diesel-version.

The maximum payload on the gas-powered version comes in at 1177 kg with rear-wheel drive.

It's safe to say that this rig won't be easy on the wallet when it comes to fuel bills. Our day of driving had the internal readout ranging from 21.7 to 18.8 litres per 100 km, about what you'd expect from such a heavy truck.

The lush rolling hills of Tennessee served as our test bed for this new powertrain, a 5.6-litre V8 with 390 horsepower and a

seven-speed automatic transmission. Though the displacement is the same as the V8 found in the previous Titan, this engine is heavily revised, with the biggest changes being the addition of direct injection and Nissan's proprietary VVEL (Variable Valve Event & Lift) technology. These changes help in low-end power delivery and overall refinement in the engine.

Though it is a heavy truck, the Titan XD isn't a slouch with this V8 under the hood, certainly offering more get-up-and-go than the big diesel. Also serving the power up well is the seven-speed transmission.

Loafing about the tight Tennessee roads through farm country, the Titan felt heavy, pushing when hustled through corners, but the most prevalent sensation is one of comfort. The cabin is nicely muted from the road and the heavy set nature of the truck allows it to feel absolutely planted to the ground in all situations, especially when cruising in a straight line at highway speeds.

Steering feel is on the light side for the Titan, while the brakes feel very strong, especially with no weight pushing from the rear end of the truck.

Nothing can upset the large, calm nature of this truck.
AUTOGUIDE.COM

ALL PHOTOS CONTRIBUTED

THE CHECKLIST | 2016 NISSAN TITAN HD

THE BASICS

Engine: 5.6-litre V8
Power: 390 hp and 597 kg/m of torque
Transmission: Seven-speed automatic.
Price: \$45,900 to start.



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- Strong low-end pull
- Overall comfort
- Price point

LEAVE IT

- No larger fuel tank options

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5 CARS WE'RE SAD NO LONGER COME IN MANUAL

The manual transmission is a dying breed. Over the past decade, numerous automakers have begun phasing out manual for dual-clutch units and more fuel-efficient automatics. Tragically, that means many of our favourite sports cars are ushering in a new generation without a stick shift. Here are our picks for the top four cars we miss manual on — plus one that brought it back. **AUTOGUIDE.COM**



1 Porsche 911 GT3

When Porsche introduced its latest-generation 911 GT3 at the 2013 Geneva Motor Show, enthusiasts were appalled that there wasn't a manual transmission. Now, the automaker will re-introduce a manual transmission for its next-generation 911 GT3. The big question is, why aren't other automakers following in Porsche's footsteps?



5 Lamborghini — anything!

With the introduction of the Lamborghini Huracan, which replaced the Gallardo, Lamborghini decided to dump the manual transmission. Then-CEO Stephan Winkelmann said that nearly zero per cent of Gallardos were ordered with a manual transmission. When an order did come in, the automaker had to double check the order form to confirm that it wasn't a mistake.



4 Acura NSX

It might seem like it took forever to arrive, but the all-new Acura NSX is finally here and it's missing a manual transmission. Sadly, Acura's entire lineup now lacks a manual transmission and it appears the Japanese automaker has no intentions of going back. The NSX is so high-tech now a manual transmission just doesn't suit the car's philosophy any longer.



2 Audi TT RS

Despite rumours the new Audi TT RS would come with a manual transmission, that is sadly not the case. The German automaker recently introduced the latest version of its hot sports coupe packing 400 horsepower from a 2.5-litre turbocharged five-cylinder engine, but no stick shift was in tow. The only transmission available now is Audi's slick seven-speed S Tronic.



3 Ferrari — anything!

It is truly sad that even the best exotics in the world no longer offer manual transmissions. Although there are a few manual transmission Ferrari Californias roaming around, the last Ferrari most enthusiasts tie to a manual shifter is the 599.

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The 2017 Eco model is the most fuel-efficient model on the Korean carmaker's Elantra lineup. HANDOUT

PAGANI HUAYRA PEARL

Secret customer to buy one-off

The Pagani Huayra Pearl has been introduced as a one-off special hypercar.

The Italian automaker released a video showcasing the Pagani Huayra Pearl, which was built as a one-off for exotic car dealership Refined Marques for an unnamed customer.

Boasting several unique elements like a roof scoop and a split rear wing, Pagani says that the Huayra Pearl "sets new standards in terms of custom built. It is the result of a combination between art and science, design and technology, form and function. It is

the very first example of a custom made Huayra specifically built for one customer."

The Pagani Huayra's production is limited to just 100 units and the Huayra Pearl might turn out to be the most exclusive of them all.

Powered by a 6.0-litre twin-turbo V12 with 720 horsepower, it's unclear if the Huayra Pearl has additional performance.

Pricing was not announced, but we're guessing the new owner doesn't care considering they have a one-off Pagani Huayra with its own name. [AUTOGUIDE.COM](http://autoguide.com)



The Pagani Huayra's production is limited to just 100 units and the Huayra Pearl might turn out to be the most exclusive of them all. HANDOUT

DRIVE BRIEFS

Audi SQ7 debuts as 'most powerful diesel SUV on the Market'

Audi is charging ahead with model launches, and has surprised naysayers by unveiling a diesel-powered SQ7.

The 2017 Audi SQ7 TDI is powered by a twin-turbo-charged 4.0-litre diesel V8 with 435 horsepower, making it what Audi says is the "most powerful diesel SUV

on the market."

In what Audi claims is a world first, the two turbos are supported by an electric-powered compressor, meaning turbo lag should be virtually nonexistent.

On the outside, the SQ7 gets a more aggressive look complete with a unique grille, air intakes, front apron and roof edge spoiler. [AUTOGUIDE.COM](http://autoguide.com)

The Eco's price is right

GREEN NEWS

2017 Hyundai Elantra Eco starts at just \$21,485 U.S.

The all-new 2017 Hyundai Elantra Eco is priced from \$21,485 U.S., including des-

tinuation.

Returning an EPA-estimated 13.6 kilometres per litre in the city and 17 km/L on the highway, the 2017 Hyundai Elantra Eco gets a 15 km/L combined rating thanks to its fuel-efficient 1.4-litre turbo-charged four-cylinder engine.

The powerplant is mated to a seven-horsepower is mated to a seven-speed EcoShift dual clutch

transmission.

The model also comes loaded with plenty of standard features, including a seven-inch DisplayAudio touchscreen with Android Auto and Apple CarPlay support, Blind Spot Detection with Rear Cross-traffic Alert and Lane Change Assist, proximity key with push-button start, heated front seats, dual automatic

temperature control and a leather-wrapped shift knob and steering wheel with audio, cruise and Bluetooth controls.

The 2017 Hyundai Elantra Eco is the most fuel-efficient Elantra in the Korean automaker's lineup and according to fuelconomy.gov, its ratings could result in an average annual fuel cost of just \$900 U.S. [AUTOGUIDE.COM](http://autoguide.com)

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2016 SOUL LX Auto

MSRP \$21,720

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What to do in an accident

CAR COLLISIONS

Step one: Don't panic!

Michelle Williams

At some point, nearly every driver has the misfortune to experience a collision. Whether it's a fender bender or something more extensive, the initial reaction will always be distress, maybe even panic. No one wants to be in an accident, but it can be much less stressful to deal with if you know what to do.

Keep calm

"Step one: Don't panic," advises Heather Mack, director of government relations for Alberta, Manitoba and Territories for the Insurance Bureau of Canada. Unfortunately, accidents happen all the time. According to Mack, about 145,000 collisions took place in the province of Alberta in 2014.

The first concern is the safety of everyone involved. "Check and see if anyone is injured and, if so, call 911 and get police and ambulance to the scene right away," says Mack. For minor injuries, you may not need an ambulance but you will still need the police.

Check the damage

If no one is injured, the next step is to check the damage to the vehicles. "If the damage is more than \$2,000 total between all cars involved, it needs to be reported to the police," says Mack. The cost may be hard to judge, though most collisions that damage both vehicles will meet the threshold.

"You don't need police to come to the scene if no one is hurt, the vehicles are still roadworthy and everyone is calm. But you'll still have to go to the police station to file a report." Auto-repair shops need to see the sticker on your car showing you've filed a police report before they can work on your vehicle if the damage is more than \$2,000. "It's the law," she says.

You also need to file a report if you hit public property. You are liable if you run into a stop sign or a light standard — or if you damage someone else's property, like a fence or a wall.



If you're involved in an accident, make sure everyone is safe, move your vehicles off the road and then trade contact and insurance information. ISTOCK

Get out of the way

If no one is hurt and your car can be moved, it's wise to move it to the side of the road while you assess the damage and trade information. "Put on your hazard lights and be sure you're out of harm's way," says Mack. "There are many cases of bystanders or vehicle owners getting hit by another vehicle when cars are stopped on the road."

Once everyone is safe, trade names, contact and insurance information. "You can take a picture with your phone of the other driver's pink insurance slip and maybe take a moment to photograph damage to the other car just in case you need it," she says.

An exception would be if

you suspect the other driver may have committed a crime, like driving under the influence. "In that case, don't move vehicles. Wait for the police, as they'll have to assess the scene and investigate."

And what if the other driver is upset, aggressive or argumentative? "Best to call police in that case," Mack suggests. "Don't engage in a battle with another driver. Let the police deal with it and let the insurance companies sort out liability." If any bystanders witnessed the accident, ask them to stick around to talk to police.

Call your insurer

Once you've dealt with the

immediate issues, call your insurer. "You may have never been involved in an accident, but they deal with it every day," Mack says. "If you need a tow, call right away. If there's little damage, maybe wait until you've filed your police report, as your insurer will want the police file number." Mack recommends waiting to get repair quotes until after you speak to your insurance carrier, as they will help walk you through the steps.

Finally, make sure you're covered. "It's important to know what to do if you're involved in an accident," says Mack, "but you also want the peace of mind to know you're covered and know your deductible so there are no unpleasant surprises."

+ 5 STEPS TO FOLLOW IN AN ACCIDENT

1. Stop. Stay calm. Remember: accidents happen all the time.
2. Make sure no one is hurt and everyone is safe.
3. Move vehicles if you can while you exchange information or wait for police.
4. If anyone is injured or if damage to vehicles is significant, call the police. Otherwise, drive to the police station to file a report.
5. Call your insurer.



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Cavs out to roaring start

RAPTORS
CLEVELAND LEADS 1-0

LeBron & Co. pull away early in laughter

LeBron James and the Cleveland Cavaliers made sure Toronto's introduction to the Eastern Conference final was not a pleasant one.

James scored 24 points on near perfect shooting, while Kyrie Irving had 27 as the Cavaliers throttled the Raptors 115-84 in Game 1 on Tuesday, Toronto's first conference final appearance in franchise history.

GAME 1 In Cleveland



James punished the Raptors on 11-for-13 shooting, the four-time NBA MVP looking for most of the night like a man playing against boys.

DeMar DeRozan had 18 points on a solid night, but the rest of the Raptors could do little against a Cavaliers team that thoroughly embarrassed Toronto. Bismack Biyombo had 12 points, while James Johnson



Cavaliers forward LeBron James celebrates a dunk against the Raptors' Patrick Patterson on Tuesday night in Cleveland.

FRANK GUNN/THE CANADIAN PRESS

finished with 10.

The Raptors hung in with the home team through the opening quarter, but almost as if they'd been toying with Toronto, the Cavaliers then thrust a foot on the throat of the Raptors and held it there until the final, merciful, buzzer.

Cleveland's 22-point lead in the second quarter became a whopping 28 points by the end of the third, as the Cavs took a 95-67 advantage into the fourth. Raptors coach Dwane Casey waved the virtual white flag with 10 minutes to play, pulling his starters for seldom-

used Delon Wright and Jason Thompson.

When Terrence Ross went up for what should have been a spectacular dunk with six minutes left to play, the ball bounced out, an apt metaphor on an ugly night. With three minutes to play, fans erupted

into chants of "U-S-A!"

The Cavs outrebounded Toronto 45-23, and clobbered them in the paint 56-36.

Game 2 is Thursday in Cleveland, then the series shifts to the Air Canada Centre for Game 3 on Saturday and Game 4 on Monday. THE CANADIAN PRESS

MLB

Odor gets 8 games for punch

Texas second baseman Rougned Odor was given an eight-game suspension Tuesday while Toronto manager John Gibbons and pitcher Jesse Chavez each received three-game bans for their actions in a weekend game between the Rangers and Blue Jays.

A total of 14 players and staff members from the two teams were disciplined. Major League Baseball said in a statement Tuesday evening.

Odor, who delivered a punch to the jaw of Blue Jays slugger

Jose Bautista, was suspended for fighting in the top of the eighth inning in Sunday's game. The incident started a bench-clearing melee at Globe Life Park in Arlington.

Chavez was disciplined for intentionally throwing at Prince Fielder in the bottom of the inning with warnings in place for both sides.

Rangers shortstop Elvis Andrus was given a one-game suspension for "aggressive actions" during the incident while Bautista was given a one-game ban for his on-field actions and for his post-game comments.

Gibbons, who returned to the field after being ejected earlier in the game, confirmed before Tuesday night's game against Tampa Bay that he was also fined \$5,000 US. Toronto first base coach Tim Lincecum received a one-game suspension and received an undisclosed fine.

THE CANADIAN PRESS



Rougned Odor

GETTY IMAGES



Steve Ott of the Blues crashes to the ice ahead of the Sharks' Tommy Wingels on Tuesday. DILIP VISHWANATH/GETTY IMAGES

NHL PLAYOFFS

Burns, Sharks trip up Blues

Brent Burns scored San Jose's first two power-play goals of the Western Conference final and Martin Jones stopped 26 shots for his second shutout of the post-season as the Sharks beat the St. Louis Blues 4-0 Tuesday night to even the series at a game apiece.

Tommy Wingels and Dainius Zubrus also scored and Logan Couture had two assists to help the Sharks bounce back from a tight loss in the opener.

Game 3 is Thursday night in San Jose.

Brian Elliott made 20 saves for

GAME 2 In St. Louis



St. Louis, which is 4-5 at home and 5-2 on the road in the post-season. Elliott wasn't as sharp as he's been throughout the Blues'

run to their first conference final since 2001.

Burns' fifth and sixth goals of the post-season both came on one-timers with Troy Brouwer in the penalty box, and were his only shots of the game. The six-foot-five, 230-pound defenceman made it 2-0 in the second off a nice setup from Joe Pavelski just 16 seconds after Brouwer went off for slashing, and made it a three-goal gap about 12 minutes into the third off a feed from Patrick Marleau 24 seconds after Brouwer was whistled for high sticking. THE ASSOCIATED PRESS

LOSING STREAK

Rays repeat rout of Jays

Shortstop Brad Miller had three hits, including a triple, and drove in three runs on Tuesday night as the Tampa Bay Rays picked apart the Toronto Blue Jays 12-2.

Tampa Bay's dominant win came one night after it beat Toronto 13-2.

Jose Bautista's two-run home run was the height of Toronto's offence as the Blue Jays lost for the fourth time in a row.



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PREMIER LEAGUE

Man United left wanting for top 4 again

Manchester United's absence from the Champions League for the second time in three years was confirmed on Tuesday after a 3-1 win over Bournemouth in a Premier League game hastily rearranged because of a bomb scare.

Wayne Rooney scored one goal and played a part in the other

two, scored by Marcus Rashford and substitute Ashley Young, as United finished in fifth place to qualify for the Europa League group stage.

Qualifying for the Champions League — with its prestige and vast riches — was United's priority this season, meaning that manager Louis van Gaal

has failed to meet his targets. David Moyes was fired in 2014 for that very reason, and Van Gaal will find out after the FA Cup final against Crystal Palace on Saturday whether he goes the same way.

"A club like Manchester United has to play at that level," Van Gaal said of the Champions League.

To do so, United had to beat Bournemouth by a minimum 19-goal margin to overtake fourth-place Manchester City. Even in the strangest season in the Premier League's 24-year history, that was never going to happen and United wound up behind City on goal difference.

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I. THE SECTION 8 LANDS

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Parcel A - NW 1/4, 159 Acres (+/-) and includes a 1,000 ft² (+/-) house with detached double garage. Includes cultivated fields that were seeded for hay. Exceptional mountain views.

Parcel B - NE 1/4, 156.53 Acres (+/-) and includes a 7,960 ft² (+/-) house with attached 4 car garage, 5 bedrooms, 5.5 baths, games room, wine rooms and office. Beautiful southwest patio with elevated panoramic mountain views. Also has a 6,000 ft² (+/-) heated & insulated machine shop, a 2,240 ft² (+/-) heated & insulated Quonset hut and an outdoor tennis court.

Parcel C - SW 1/4, 153.84 Acres (+/-) mainly pasture land with exceptional mountain views.

II. THE RIVER RANCH LANDS

West 1/2 of 30;20;1;W5M and Acreage at 0514212;1;2 (located within NW 1/4 of 30;20;1;W5M)

Parcel A - West 1/4, 302 Acres (+/-) located directly on the Sheep River, with a 1,020 ft² (+/-) cabin constructed in 2012 with wood burning fireplace, 2 bedrooms, 2 baths, plus loft. Also includes a 1,200 ft² (+/-) heated & insulated machine shop, a 4,500 ft² (+/-) heated & insulated calving barn, plus other older out buildings, sheds & hay barn. Panoramic views overlooking Sheep River Valley, foothills & mountains, with natural springs throughout. The offer package will include a gravel assessment report.

Parcel B - S.04 Acres (+/-) located within the NW 1/4 of 30;20;1;W5M and includes 1,440 ft² (+/-) house, with detached 832 ft² (+/-) double garage, 4 bedrooms, 3 baths, and fully developed basement. Panoramic views overlooking Sheep River Valley, foothills & mountains.

Anyone interested in submitting an offer to purchase any or all of the lands described above should contact Lexy R. Wong as set out below to obtain an offer package which will contain additional information about the lands and the terms and conditions which the Estate may consider when reviewing the offers.

All offers shall be submitted in writing in the form provided in the offer package and delivered no later than 12:00 p.m. MST (noon) on June 20, 2016 to the following:

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DAILY WARM UP



NBA's deputy commissioner Mark Tatum announces the No. 1 pick on Tuesday in New York. JESSE D. GARRABRANT/NBAE VIA GETTY IMAGES

Sixers pain stings less

NBA DRAFT LOTTERY

League-worst Philly land No. 1 pick after 10-win season

The Philadelphia 76ers won the NBA draft lottery Tuesday night and will have the No. 1 pick in June.

The Los Angeles Lakers finished second but also felt like winners, as they would have dealt their pick to Philadelphia had they fallen out of the top three.

The Boston Celtics, with a pick dealt to them by the Brooklyn Nets, remained in the No. 3 slot.

Toronto will pick ninth. The Raptors got the pick as part of the deal that sent Andrea Bargnani to the New York Knicks in 2013.

Nobody moved up in the lottery, which sets the top three picks. The remainder of the 14 teams are slotted in the inverse order of their won-loss record.

The 76ers finished 10-72, just off the worst record in the history of the 82-game schedule,

and had a 26.9 per cent chance of landing the No. 1 pick (their own 25 per cent chance, and Sacramento's 1.9 per cent chance, since the 76ers had the right to swap picks with the Kings from a previous trade.)

"The pain that we've all gone through, the pain of losing is real. You can't camouflage it," said coach Brett Brown, who represented the 76ers on stage. "The city has been incredibly patient, tolerant, choose any word you want. I think this validates some of the pain we went through."

They also would have garnered another top-five selection had the Lakers tumbled a couple of spots, since they would have been entitled to the pick the Lakers originally dealt to Phoenix for Steve Nash that the 76ers later acquired in another trade.

But Philadelphia certainly won't complain, not after doing no better than No. 3 in the previous two drafts during a three-year process where the focus was more on building for the future than trying to win in the present.

THE ASSOCIATED PRESS

IN BRIEF

No conspiracy, Mutumbo pleads after early congrats

Dikembe Mutombo is rejecting the idea of another NBA draft lottery conspiracy.

Mutombo congratulated the 76ers on winning the No. 1 pick with a tweet Tuesday that came about four hours before the lottery. But he told The Associated Press it was a "mistake that happened" and that he had no knowledge that the 76ers would win.

"I want to let people know there was no conspiracy," Mutombo said in a phone interview. THE ASSOCIATED PRESS

M's on Cruz control vs. O's

Nelson Cruz homered and drove in five runs, Kyle Seager hit a three-run drive and the Seattle Mariners cruised past the Baltimore Orioles 10-0 Tuesday night.

Robinson Cano had three hits, two RBIs and scored three runs for the Mariners.

Wade Miley (4-2) allowed two hits and walked three in six sharp innings. The left-hander was 0-2 with a 10.13 ERA in his three previous starts against Baltimore.

THE ASSOCIATED PRESS

RECIPE Salmon Parcels



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

Unwrap a healthy dinner of fish and crisp veggies. Steam some rice if you feel like a bit more heft.

Ready in
Prep time: 10 minutes
Cook time: 15 minutes

- Ingredients**
- 2 salmon filets
 - 1/2 carrot, cut into matchsticks
 - 1 red or yellow pepper, cut into matchsticks
 - 1 baby bok choy, the white part cut into matchsticks, the green part cut into ribbons
 - 1 Tbsp sesame oil
 - 1 Tbsp rice vinegar
 - 1 tsp low sodium soy sauce
 - 1 tsp ginger, minced

Directions
1. Preheat your oven to 400 degrees. Whisk together oil, vinegar,

soy sauce and minced ginger and toss with your veggies

2. Cut two square pieces of parchment, each piece about 12" by 18" square then cut the largest heart shape you can within the squares. Fold it in half down the middle and make a crease

3. Working on a baking sheet, place your parchment down and put half of your veggies down on one half of the heart. Then place one piece of fish on top of the veggie bed. Fold the heart closed and fold and pleat the edges until it is sealed. There will be a little bit at the end that you'll have to tuck under. Repeat with your second parchment.

4. Bake for 15 minutes. Remove and place parcels onto a plate and carefully slice open.

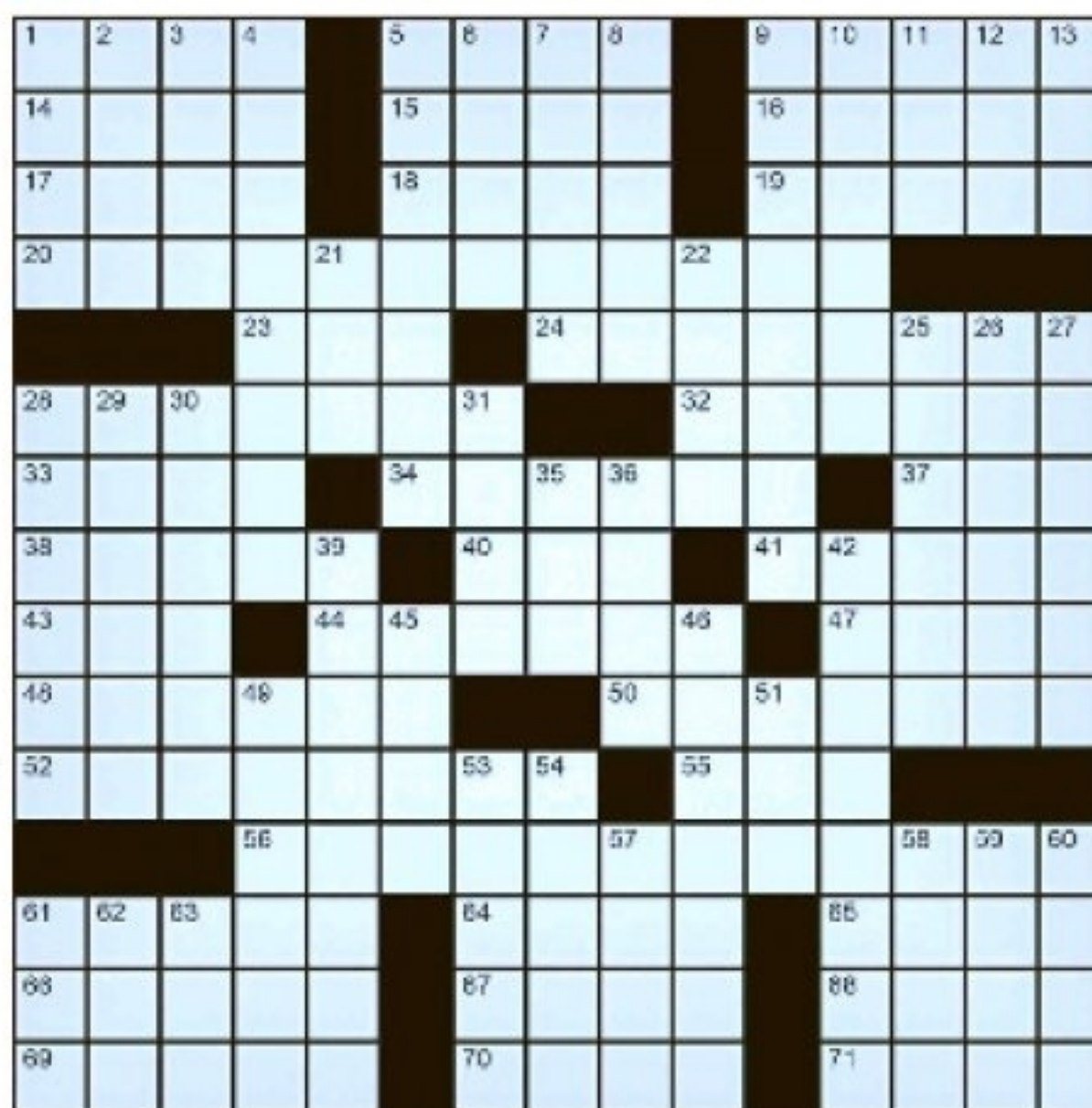
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ACROSS

1. Tailoring crease
5. Moves to the jazzy music
9. Vermicelli or penne
14. _-gravity
15. Soup vegetable
16. MC Hammer's " _ Touch This"
17. Suffix with "Problem"
18. Surprise military attack
19. Watch the big game on one in a sports bar, e.g.
20. Sainte-Helene-de- _ Quebec
23. Pickle jar topper
24. Longing
28. Royal LePage employee
32. Permanent-on-a-person picture
33. Shania Twain album: "The Woman _"
34. U2's drummer, Larry _ Jr.
37. From _ Z
38. Movie genre
40. "Oh, give _ home where the buffalo roam..."
41. Caffeine nuts
43. "Ich bin _ Berliner." - JFK
44. _-Robbins (Ice cream chain)
47. Look load
48. Crosses to bear
50. Shreddies and Cheerios
52. Harvey's fare: 2 wds.
55. 'Edmonton' suffix (Denizen of Alberta's capital)
56. Rachel McAdams



68. Bark-made cloth
69. Ms. Kardashian
70. Blue dyestuff
71. Samuel L. Jackson film, " _ Bayou" (1997)

3. "It's _" (3-3 game exclamation)
4. Victor _ (Member of Canadian pop/opera quartet The Tenors)
5. "Yawnsville." reason
6. "That's fine."
7. PCO = _ Coun-

DOWN

1. Swedish auto
2. Intermission,

8. The Beatles' "Sexy _"
9. Show who's boss: 2 wds.
10. Highlight
11. Blue
12. "Ka-boom!" causer
13. Four-wheel-

- er, e.g.
21. Young fox
22. Behind
25. Canadian actress Ms. Ricci
26. Less than one hundred percent: 2 wds.
27. Canada _ (Belonging to a Canuck bird)
28. "300: _ an Empire" (2014)
29. Spanish dramatist, Juan del _
30. Grade above B Plus: _
31. Servings in saloons
35. Currency in Albania
36. Secular
39. "Relief" follows this spelling rule...but "Receive" doesn't: letter + word + letter
42. Store sign appreciated by a night owl: 2 wds.
45. Biblical instrument
46. Made a horse sound
49. Manitoba: _ Provincial Park
51. _ doll
53. Not set loudly, as a radio: 2 wds.
54. San _ California
57. "The Lion King" (1994) lioness
58. Antarctica's Prince _ Coast
59. Knot-maker's need
60. Fancy 'fors'
61. Pen's liquid
62. Scheming laugh half
63. L...spelled out

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Upsets with spouses, partners and close friends are likely today. Therefore, don't jump the gun. Wait to hear what others have to say before you react.

Taurus April 21 - May 21
Be patient with co-workers today to avoid upsets. Nevertheless, your day will be interrupted by computer crashes, power outages, fire alarms, staff shortages or canceled appointments.

Gemini May 22 - June 21
This is a mildly accident-prone day for your kids, which means if you are a parent, be vigilant. Likewise, if you work with children, make sure they are free from hazardous situations.

Cancer June 22 - July 23
Small appliances might break down today, or minor breakages could occur — something will interrupt your home routine. Someone unexpected might knock on your door.

Leo July 24 - Aug. 23
This is a mildly accident-prone day for your sign, so pay attention to everything you say and do. Think before you act. Guard against knee-jerk reactions.

Virgo Aug. 24 - Sept. 23
You might find money today, or you might lose money. This is because something having to do with your financial situation is unpredictable. Guard your possessions against loss, theft or breakage.

Libra Sept. 24 - Oct. 23
Today the Moon is in your sign sitting opposite unpredictable Uranus. Therefore, expect disruptions to your day. You might be obsessed with something unusual. (Easy does it.)

Scorpio Oct. 24 - Nov. 22
You feel restless today. You have the feeling that you're waiting for the other shoe to drop. Don't worry, because many people feel this way today. It is what it is.

Sagittarius Nov. 23 - Dec. 21
A friend or a member of a group might say or do something that surprises you. Alternatively, you might meet a real character today — someone who is bohemian or avant-garde.

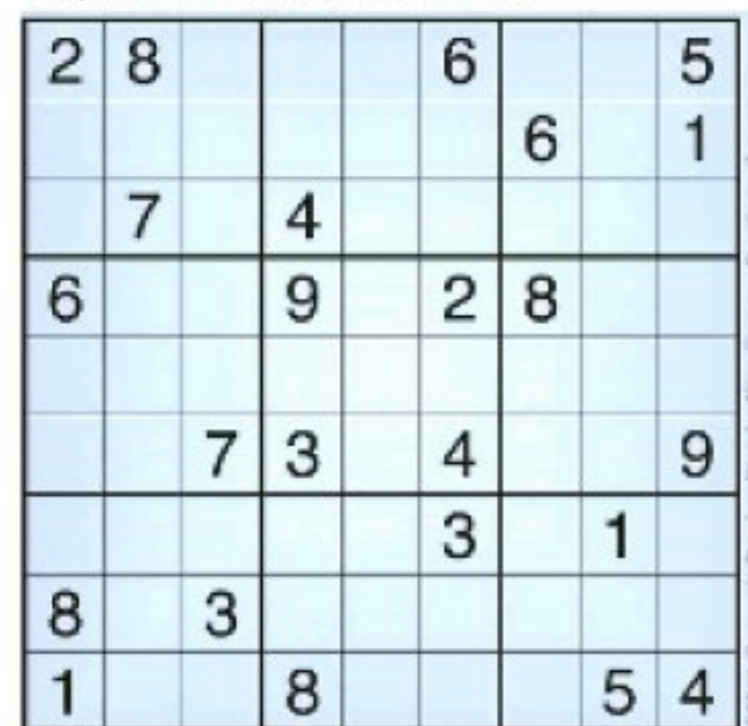
Capricorn Dec. 22 - Jan. 20
You feel defiant when dealing with authority figures today. This is why you don't want anyone bossing you around or telling you what to do. (Remember the power of courtesy.)

Aquarius Jan. 21 - Feb. 19
This is a mildly accident-prone day for your sign; therefore, be careful. Expect travel cancellations or changes. Yikes.

Pisces Feb. 20 - March 20
You might be caught off guard with a decision regarding inheritances or shared property today. Be prepared for something from out of the blue that could affect how you financially relate to others.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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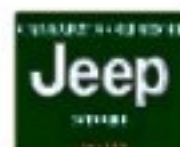
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2016 JEEP CHEROKEE LIMITED

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AMVIC LICENSED. ALL OFFERS OAC. ALL OFFERS INCLUDE FEES AND TAXES BUT EXCLUDE GST. BIWEEKLY PAYMENTS BASED ON 96 MONTH TERM @ 3.49% (PATRIOT), 1.99% (CHEROKEE) WITH \$0 DOWNPAYMENT. COB=\$4,163.97 (16J082). ALL REBATES TO DEALER (INCLUDING ALL JEEP LOYALTY/CONQUEST CASH. MUST HAVE A JEEP OR COMPETITIVE SUV TO QUALIFY). VEHICLES MAY NOT BE EXACTLY AS SHOWN. INVENTORY ACCURATE AT TIME OF PUBLICATION. LIMITED TIME OFFERS. SEE DEALER FOR DETAILS.



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